

**Get  
Set for  
Surgery.**



**North East and  
North Cumbria**

# **Are you waiting for surgery or treatment?**

**Did you know? Recovering from surgery can be equivalent of running a half marathon? This is your body's repair process working. You wouldn't run a marathon without training for it first, would you?**

**Find ways to improve your health.  
Visit [getsetforsurgery.org.uk](https://getsetforsurgery.org.uk)**

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