

# 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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