

PHYSICAL ACTIVITY AND YOU

People of all ages can improve the quality of their lives through a lifelong practice of physical activity and healthy eating.

- Better health
- Improved fitness
- Better posture and balance
- Reduced stress
- Stronger muscles, joints and bones
- Continued independent living in later life



The bottom line:
Physical Activity is essential to good health!

Making positive changes and supporting physical activity and healthy eating can lead to improved health and well-being.

JOIN THE CHALLENGE THIS OCTOBER

- 1 Set your goals. Ask others to join or make a team.
- 2 Dance, run, swim, walk...
- 3 Track and send us your physical activity one of two ways:



Use the FREE **in motion**[™] Community Challenge App (available at inmotion4life.ca or the App Store).



Use the paper tracking tool (available at local locations or for download at inmotion4life.ca). See website for pick-up and drop-off locations.

- 4 Submit your form by the **first week of November**.

Visit www.inmotion4life.ca for more information