

# HAVE FUN! BE ACTIVE.

LIVE HEALTHIER.  
FEEL BETTER.  
EVERY STEP COUNTS.

- Choose a variety of activities. Try different activities until you find what's right for you.
- Get into a routine — go to the pool, hit the gym, join a spin class or set a regular run. Make it social by getting someone to join you.
- Limit TV watching or sitting in front of a computer during leisure time.
- Use active transportation to get places. Walk, bike, or run instead of taking a car.
- Join a team. You'll make new friends and get active at the same time.
- Start slowly and increase activity gradually.
- If you miss a session, stay positive. Join in next time.

Public Health Agency of Canada