

# MOVE FOR LIFE

SOUTH SURREY WHITE ROCK



## Get Active for Better Health!

Most Canadians are not active enough in their day. Are you one of them? Just 30 minutes of activity most days of the week can do all of this:

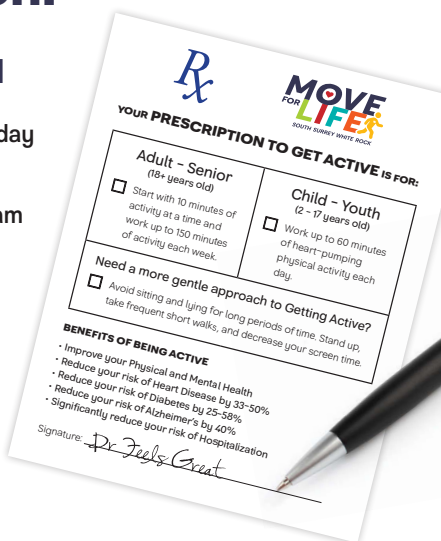
- Improve your Physical and Mental Health
- Reduce your risk of Heart Disease by 33-50%
- Reduce your risk of Diabetes by 25-58%
- Reduce your risk of Alzheimer's by 40%
- Significantly reduce your risk of Hospitalization

# GETTING ACTIVE...

## The "Feels Great" Prescription!

### Getting Started

- Plan to walk more every day
- Talk to a friend about starting a walking program
- Visit the Generations Playground
- Enroll in an aquafit, water walking or gentle joints class at your local pool
- Consider a pedometer or other activity tracking device
- Check out our local Community Recreation programs:
  - South Surrey:** 604.501.5100  
[surrey.ca/culture-recreation/1697.aspx](http://surrey.ca/culture-recreation/1697.aspx)
  - White Rock:** 604.541.2199  
[www.whiterockcity.ca/397/Recreation-Guide](http://www.whiterockcity.ca/397/Recreation-Guide)
- Call White Rock Recreation & Culture 604.541.2199 to schedule a free 30 minute consultation with a fitness professional. Ask for the "MOVE FOR LIFE – Prescription to get Active"



**Not sure about activity? Ask your doctor if a medically supervised exercise program is more appropriate for you.**



MOVE FOR LIFE PARTNERS



PROJECT PARTNERS

