

DURABLE BY DESIGN

Physical literacy is the gateway to physical activity.

+ COMPETENCE CONFIDENCE MOTIVATION PHYSICAL LITERACY

COMPETENCE

Develop a full range of movement abilities.

CONFIDENCE

Build confidence through enjoyable, social opportunities for physical activity.

MOTIVATION

Create the desire to continue trying new activities.



A STEP IN THE RIGHT DIRECTION

Active Canadians will stay healthier and more resilient

- Help prevent heart disease, stroke, osteoporosis, type 2 diabetes
- Improve your balance
- Reduce falls and injuries
- Promotes positive mental health
- Helps you stay independent longer

The more you do, the better you'll feel

- Start slowly
- Listen to your body
- Every step counts
- Adding any amount of physical activity can bring some health benefits

It's never too late

- Pick physical activities you enjoy and that match your abilities*
- See your doctor for a prescription to participate in fitness and activities
- Your community offers quality programs that are open, welcoming and fun for all ability levels

*Be sure to talk with your doctor about the types and amounts of physical activity that are right for you.