



Physical Activity Resources

Fact Sheets:

- Canada's Physical Activity Guide to Healthy Active Living for Adults
- Canada's Physical Activity Guide to Healthy Active Living for Older Adults
- Stretch Break (x2)
- A Guide to Choosing Walking Shoes
- Walking and Running Groups in York Region
- Starting a Walking Club in Your Workplace

Booklets:

- Getting Active for Life – Your Guide to an Active Lifestyle
- Walking – The Activity of a Lifetime

Website Resources:

www.yorktourism.com/Recreational+Trails/Default.htm

www.activelivingatwork.com

www.active2010.ca

www.centre4activeliving.ca

www.paguide.com

www.hc-sc.gc.ca

www.cflri.ca

www.canadian-health-network.ca



For copies of resources, please contact
York Region **Health Connection** at **1-800-361-5653**

