



Video – Get Active, Stay Active

Did you know that not moving enough can change your health? In this 1-hour video, a kinesiologist talks about:

- Why exercise is good for you
- What makes up an exercise program
- How to set yourself up to be more active
- What to think about when exercising with chronic health condition(s), like arthritis, COPD, diabetes, heart disease, and pain

Links to:

- [The 1-hour video](#)
- [Handouts](#)

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program – Calgary Zone, [join our e-mail distribution list](#).

