## Alberta Healthy Living Program



## **Video – Planning for Success with Exercise**

Let's set you up for success! This video talks about:

- How to make lifestyle changes
- Effective goal setting
- · Adding exercising into your routine
- Overcoming common stumbling blocks

Note: This video does not provide exercise demonstrations, nor does it provide an exercise plan.

## Links to:

- The 32-minte 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.



