

ACTIVE IS REWARDING

ACTIVE IS EASY ACTIVE IS FUN ACTIVE IS HEALTHY ACTIVE IS HAPPY ACTIVE IS FREE
 SOCIAL ACTIVE IS FAST ACTIVE IS COMMUNITY ACTIVE IS EVERYDAY ACTIVE IS EASY
 IS FUN ACTIVE IS HEALTHY ACTIVE IS HAPPY ACTIVE IS FREE ACTIVE IS COMMUNITY
 ACTIVE IS EVERYDAY ACTIVE IS FUN ACTIVE IS HAPPY ACTIVE IS FREE ACTIVE IS SOCIAL



ACTIVE IS:
EVERYDAY!
Get Active Everyday!

Activity improves health and happiness!



NEW WESTMINSTER
 Parks, Culture & Recreation

An initiative of these BC Healthy Living Alliance members

