

ACTIVE IS YOU



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
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ACTIVE IS: ENJOYING A SPORT!

"By regularly attending fitness classes, I am able to maintain a strong level of core fitness which gives me added confidence when I need to react quickly on the tennis court."

Wendy



An initiative of these BC Healthy Living Alliance members

