

Eat Well, Live Long, Pass it on

Healthier Beverages

More & More People are taking the Pedometer Challenge

How about You?



For more information contact:
healthyfoodsnorth@gmail.com

www.healthyfoodsnorth.ca



Join a Walking Club

Meet the Pedometer Challenge

Starting February 11, 2009

Come to the Walking Club
at the Kullik School Gymnasium:
Sundays from 2:00 – 3:00 pm
Wednesdays from 7:00 – 8:00 pm



**CAMBRIDGE BAY
COMMUNITY
WELLNESS CENTRE**

Call 983-4084 or 983-4670
for more information!



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10 Simple Ways to increase your # of steps:

- Before or after dinner, make a family routine of taking a 15-20 minute walk together.
- When talking on the phone, walk around instead of sitting or standing.
- Walk on the spot while doing dishes, or during commercial breaks.
- Too cold out? Buy an exercise video to do at home.
- Walk the kids to school.
- Take a walk with your colleagues during your lunch or tea break.
- Do sit-ups or stretches while watching TV.
- Walk to the store, appointments or meetings that are walking distance away.
- Go for a walk with a friend instead of sitting for your visit; or walk the dog!
- In the summer, go berry picking or ride your bike!
- In the winter, try Nordic walking, skiing or snowshoeing!

