

Let's Get Moving!

Walk on foot, or with an assistive device, or use a wheelchair, to get your body moving!

It's free, calming, and good for your health.
Make it a part of your life – every day!

Walking/Rolling:

- reduces fatigue and leaves you feeling energized.
- helps you heal by connecting with your thoughts and emotions.
- improves your mood, memory, and creativity.
- supports strong bones and is gentle on your joints.

Go for a 10-minute walk/roll. Try to build up to three times a day.

Hop off the bus one stop early and walk/roll the rest of the way.

Add some extra steps to your day by dancing, walking while on the phone, or climbing stairs.

Benefits of staying active:



Keeps your heart healthy



Increases your energy levels



Reduces the risk of respiratory diseases

Do more
and get more
out of every move
– every day!



Learn more ways to get active at Moving Matters.



Building Healthier
Communities

