



Add years to your life – and life to your years – one step at a time.

Physical inactivity is a leading cause of death in Canada. Just 150 minutes of exercise a week reduces your risk of death by treating and preventing heart disease, high blood pressure, diabetes, stroke and more.

Ask your healthcare professional how
you can benefit from an exercise prescription.

www.exerciseismedicine.ca

ExeRxcise
is Medicine[®]
Canada

EIM Global Partners:



The Wellness Company