



Active kids are unstoppable

When you start them off with a healthy, active lifestyle, kids have more energy and self-confidence to pursue their goals for the future.

Contact us today to get a Physical Activity Guide, to learn about the benefits of physical activity and sport participation, and how the new **Children's Fitness Tax Credit** can help you keep your child moving.

Physical activity. It's for life!



healthycanadians.ca

1 800 O-Canada (1 800 622-6232)

Canada