

NATIONAL HEALTH & FITNESS DAY JUNE 3

#LetsMoveCanada

This upcoming Saturday June 3rd marks National Health and Fitness Day, a nationwide initiative that aims to promote physical activity and encourage Canadians to live healthier lifestyles. On the first Saturday of June each year, Canadians are encouraged to take part in various fitness activities and events, including fitness classes, group workouts, outdoor activities, and sports. Physical activity is a crucial component of a healthy lifestyle and it's the small changes in our daily routines that can have a significant impact on our overall health and well-being. Whatever your age, regular movement has a profound positive impact on mood, sleep, memory, concentration, anxiety, depression, and much more!

Don't forget to schedule in a break and make time to stay active

Schedule breaks.
We can't take care of our to-do list without taking care of ourselves.

notmyselftoday.ca



Canadian Mental Health Association
Mental health for all