

# Moving **aROUND** Manitoba



## Manitoba's celebration of healthy living

Get "in motion"  
Eat well  
Be mentally fit, too

Join thousands of Manitobans as we move  
around the province for good health.

It's easy and it's fun. Individuals of all ages and  
fitness levels, families, groups and communities  
can participate. Together, let's see how many times  
we can move around Manitoba.

### Here's how:

- 1. Register with Moving Around Manitoba.**  
You will get a kit with helpful tips, physical activity  
and food tracking tools, promotional items  
and more.
- 2. Be physically active every day.**  
Walk or roll. Go for a jog. Ride your bike. Hike.  
Swim. Dance. Canoe. Play catch or your favourite  
sport. Rake your lawn and plant a garden. Stretch.  
Take part in a charity walk or run and *in motion*  
community events.  
  
We recommend 30 to 60 minutes of moderate  
activity daily to improve your health. Start slowly...  
and build up.
- 3. Track your physical activity  
and how long you do it.**  
Convert your time to Moving Around Manitoba  
kilometres. Use the tools provided on our  
website [www.movingaroundmanitoba.ca](http://www.movingaroundmanitoba.ca)  
or in the registration kit.

- 4. Add up your activity  
and submit your results weekly.**  
Submit online, by fax or phone.
- 5. Check the website or call often to see how  
many times we've moved around Manitoba.**  
A complete lap around the perimeter of our province  
is about 4,000 kilometres. Think of how much  
ground we can cover if we do it together as a team!
- 6. Be sure to eat well.  
Follow the new Canada Food Guide.**  
Healthy eating builds a healthy body and is  
important for maintaining a healthy body weight.  
Healthy eating means eating a variety of foods.  
Canada's Food Guide and other nutrition  
publications provide information that can help  
you make wise food choices.
- 7. Practise mental fitness, too.**  
Control your stress. Set realistic goals.  
Relax. Enjoy yourself. Make time for others.  
Give and accept support.
- 8. Celebrate success.**  
You'll feel great!

### Sign up today!

Participants who register early will receive  
a **BONUS in motion** pedometer.

### For more information:

Visit [www.movingaroundmanitoba.ca](http://www.movingaroundmanitoba.ca)  
or call 945-3648 (in Winnipeg),  
toll free 1-866-788-3648.