

Did You Know?

Canadian Guidelines for Physical Activity advise that to achieve *Health Benefit*:

 *Kids 5-17 need 60 min of Moderate-Vigorous Activity per day*

 *Adults need 150 min of Moderate-Vigorous Activity per week*

Be *In Motion* this summer!

Treat Dad for Father's Day

Buy a \$100 G.C.

Receive a \$25 G.C. on us!

(limit 2 per person)

Plus

20% Off Therapy Balls!

June Birthday?

Purchase a \$50 G.C.

Receive \$25 G.C.

June Specials



In Motion

Health – Wellness - Fitness

Pain Management | Rehabilitation | Injury Prevention