

Be Active: FIND YOUR WHY

BEV'S STORY:

"I do chair dancing..."



**to lift my mood and see
the lighter side of life"**



Be Active: FIND YOUR WHY

MY STORY:

I am _____

(For example: walking, swimming, stretching, other)

Insert an image of you being active here

*insert an image of your 'why'.
(e.g. 'give my family better hugs' or
'find a better hiding spot for
hide and seek with my grandchildren')*

so that I can _____

Visit www.salisbury.sa.gov.au/why



We're local, just like you!

Let us help you find your **why** and **how**

WHY: Increasing how much you move can help you complete everyday activities, stay independent and enjoy life.

Find something that will get you moving more YOUR way.

HOW: There's lots of choices out there to suit all interests and abilities.

Connect with your community. *We're Local – We Care.*

Visit www.salisbury.sa.gov.au/why

Contact us to find out more:

Jack Young Centre (JYC)
2 Orange Ave, Salisbury
8406 8525

Para Hills Seniors Centre
22 Wilkinson Rd, Para Hills
8406 8587

Pine Lakes Centre
16 Homestead Place, Parafield Gardens
8406 8513

This project has been funded by the Heart Foundation's Active Australia Innovation Challenge and the Australian Government.

- Cycling · Walking · Tai Chi · Seated exercises · Dancing · Table-tennis · Low-impact · Developing strength · Balance · Flexibility · Play · Fun · Community · Friends · Laugh · Endurance · Engagement · Movement · Experience · Enjoy

We're local, just like you!



Take action today to move more and improve your health & wellbeing

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