

# Be Active: FIND YOUR WHY

INDIRA AND AMBIKA'S STORY:

"We love walking..."



स्वस्थ मुटुसँग लामो समय बाँच्नकालागि  
हामी हिँड्न मन पराउँछौं



so that we live a long time  
with a strong heart"



# 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](http://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](http://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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