



# Spring into Health

You know it makes sense to be more active and eat plenty of vegetables and fruit, but sometimes its hard to get started or sustain your good intentions...let us help you!

You will learn to incorporate national activity and dietary guidelines, set weekly achievable wellness aims, use simple tracking tools, receive regular tips and be entered to win weekly prizes. Your wellness journey starts NOW!

**March 5 - May 27, 2012**

Participation is open to **ALL AGES** and residents of **Banff, Canmore, Exshaw, Dead Man's Flats, Harvie Heights, Kananaskis, Lac des Arcs, Lake Louise, and Morley**. Youth and adults are asked to track vegetable/fruit intake and activity daily and submit a weekly survey (online or paper format). Each week you also set a weekly wellness goal to improve your overall health.

#### How To Register:

Register as an individual, family, or organization. Attend a community launch event on February 29th, 2012 from 5-7 p.m. (check the website for locations & details) or email [springintohealth@bowvalleypcn.ca](mailto:springintohealth@bowvalleypcn.ca) with name, age, community, phone number. You can also reach us by phone at 403.675.3000.

For more information, visit [www.bowvalleypcn.ca](http://www.bowvalleypcn.ca), email [springintohealth@bowvalleypcn.ca](mailto:springintohealth@bowvalleypcn.ca) or call Randi at 403.675.3000

