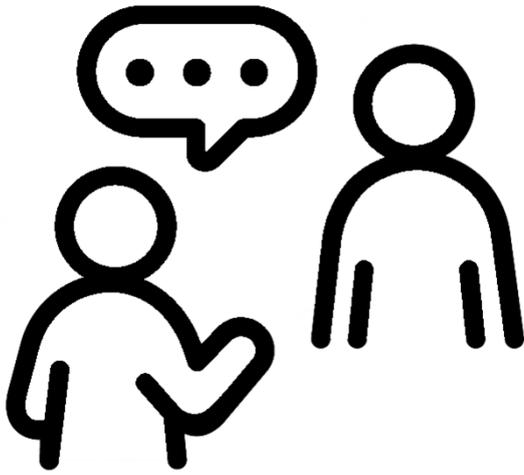
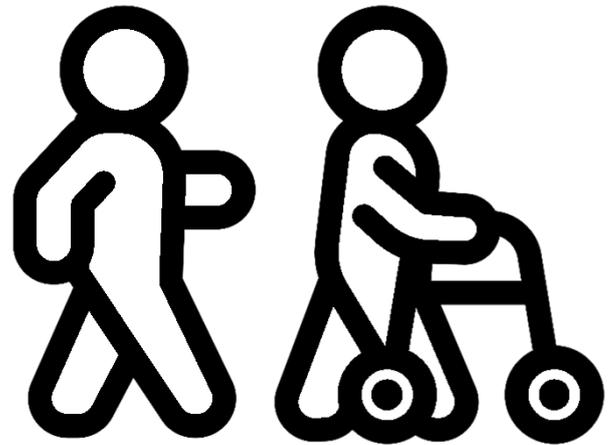


Colouring-in!

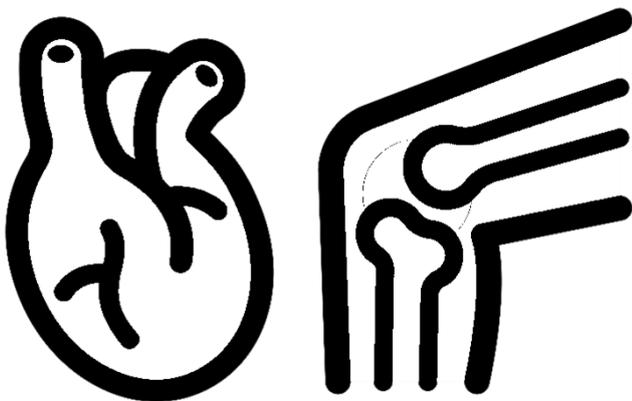
Colouring-in is great for creativity, fine movement and control,
and you can also learn about why physical activity is important!



Before starting any exercise, speak
to your health professional.



Physical activity can help you stay
healthier for longer and prevent falls.



Physical activity is good for your heart
and helps strengthen your bones.



Wear supportive footwear and your
glasses or hearing aids (if you need them).