

SUPPORTED BY *With a kin, you can*
Kinesiologists



Mark your Calendar!

Kinesiologists encourage Canadians to be active:

Adults: 150 min./wk moderate to vigorous-intensity
 Early years (0-4 y.o.): 180 min./day at any intensity;
 Children (5-17 y.o.): 60 min./day moderate to vigorous-intensity.

June 1st is National Health & Fitness Day



CANADIAN KINESIOLOGY ALLIANCE
 ALLIANCE CANADIENNE DE KINÉSIOLOGIE

