## "But, I'd rather watch tv..."



## ACT

W Exercise makes your worries W disappear.



Be active for at least 60 minutes a day.



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Unit 5-10 University Terrace, 8303 -112 Street Edmonton, AB T6G 2T4 (780) 492-3214

**Indigenous & Global Health Research Group** 

Dr. Gita Sharma, Faculty of Medicine & Dentistry



