

# Fitness for Fun



## **Active Living Facilitator Course**

**Date August 7,**

**Time 9:00-4:00**

**Location: St. Malo  
School Gym**

**Cost: Free!**

**To register contact:**

**Irene Ascough**

**[iascough@southernhealth.ca](mailto:iascough@southernhealth.ca)**

**204-346-6690**

***Wear comfortable shoes  
& clothes!***

Exercising in a group adds enjoyment  
and motivation to your workout!

When you look at all of the communities  
across Manitoba, what is one activity that  
everyone is already engaged in?

**The answer is WALKING!**

You can vary the intensity of your walking workout by increasing your distance, speed incline or by adding exercise stations along the way. To learn more about becoming an Active living Facilitator, please contact Irene Ascough, Healthy Living Facilitator, Southern Health-Santé Sud @ 204-346-6690 or Manitoba Fitness Council @ 204-235-1245