



Promoting active living by bridging research, practice, and decision-making



Supporting active living through

monthly WellSpring publication and e-news

annual Physical Activity Forum

knowledge translation including production of infographics

producing and gathering key resources on physical activity and sedentary behaviour

the biennial Alberta Survey on Physical Activity

Media Summaries on physical activity and sedentary behaviour

producing workplace physical activity policies and resources

our Physical Activity Counselling Toolkit

participating on provincial and national committees

ALBERTA CENTRE FOR  
**Active Living**

To learn more:  
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