



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

Supporting active living through

				
<p>monthly WellSpring publication and e-news</p>	<p>annual Physical Activity Forum</p>	<p>knowledge translation including production of infographics</p>	<p>producing and gathering key resources on physical activity and sedentary behaviour</p>	<p>the biennial Alberta Survey on Physical Activity</p>
				
<p>Media Summaries on physical activity and sedentary behaviour</p>	<p>producing workplace physical activity policies and resources</p>	<p>our Physical Activity Counselling Toolkit</p>	<p>participating on provincial and national committees</p>	

Centre for  
**Active Living**

To learn more:  
[www.centre4activeliving.ca](http://www.centre4activeliving.ca)  
[active.living@ualberta.ca](mailto:active.living@ualberta.ca)  
 780-492-4863

