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

Centre for Active Living

To learn more: www.centre4activeliving.ca
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