Video – Planning for Success with Exercise

Let's set you up for success! This video talks about:

- How to make lifestyle changes
- Effective goal setting
- Adding exercising into your routine
- Overcoming common stumbling blocks

Note: This video does not provide exercise demonstrations, nor does it provide an exercise plan.

Watch the 32-minte video here.

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program – Calgary Zone, join our e-mail distribution list.



