Access the Health Connected site on your My Canada Life at Work profile today.

Only about 17.5% of Canadians get enough regular physical activity. But it’s easier than you may think!

Locate the article Nutrition and Fitness on Health Connected’s Health Library* today to read about exercise and nutrition tips to stay active and fit. The article includes sections on:

- Ways to ensure you and your family are getting enough physical activity to stay healthy;
- What to eat before, during and after a workout; and
- Foods that fuel fitness.

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