



Nutrition and Fitness

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.