



**MOVE
MORE**

**SIT
LESS**

**SLEEP
WELL**

ADD MOVEMENT INTO YOUR DAY.
LIMIT YOUR SCREEN TIME & AVOID LONG PERIODS OF SITTING.
GET GOOD QUALITY SLEEP ON A REGULAR BASIS.

IT ALL COUNTS!

IT'S YOUR MOVE!



Learn more at LiveWellPEI.ca/MoveWell



LIVE WELL PEI
together we can

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