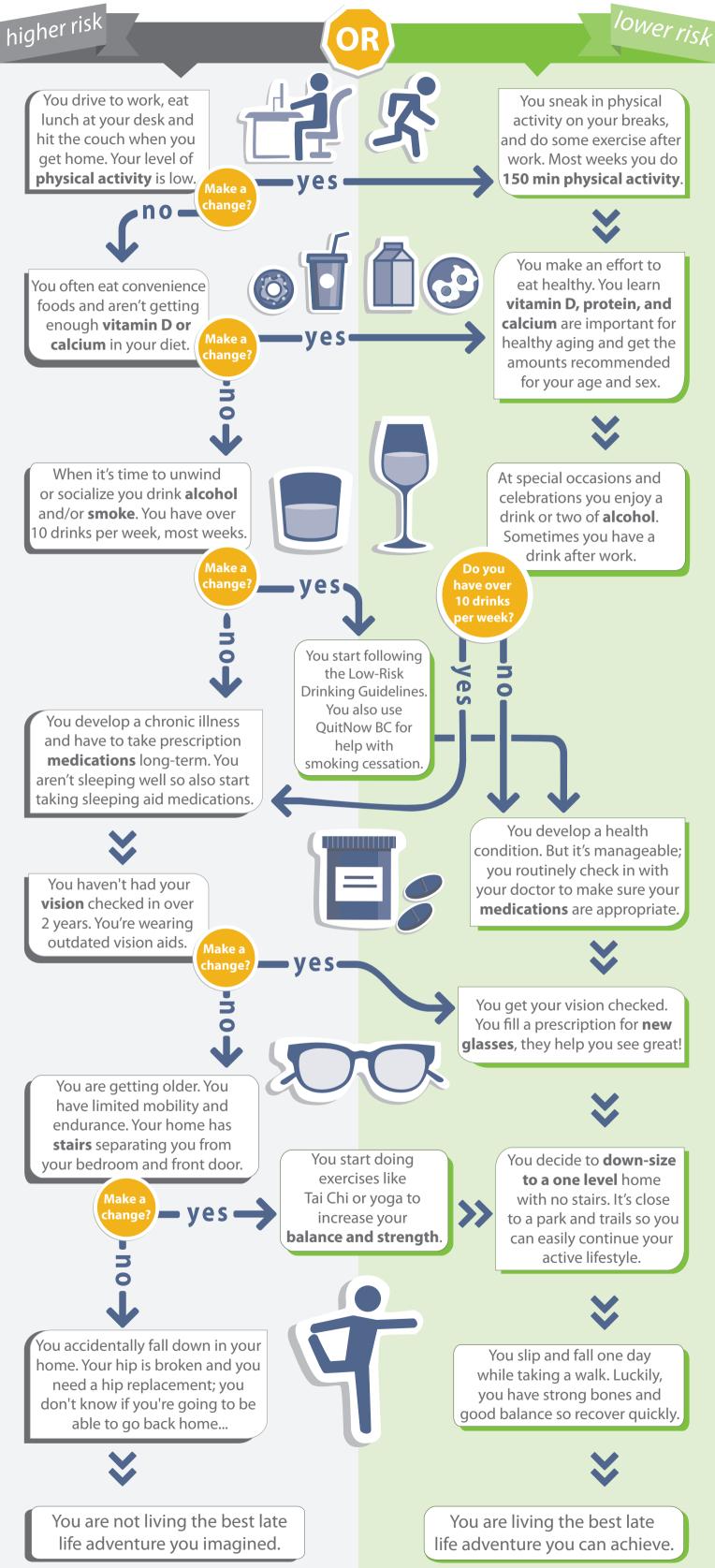
choose your OWA A DVENTURE A DVENTURE A DVENTURE A Scenario: VOLL are working in a

Put yourself in this scenario: you are working in a fulltime desk job. You enjoy your career, and when you think of the future, you imagine a long, happy life full of adventure. There are two paths you can take from here. One increases your personal risks of falling and becoming seriously injured as you get older. The other decreases your risks.

You have the power to shape your healthy future. What happens in your story? What path will you choose?



Created by www.HealthyFamiliesBC.ca

Links and Resources

Canadian Physical Activity Guidelines: http://www.csep.ca/en/guidelines/guidelines-for-other-age-groups Healthy Eating and Healthy Aging for Adults: https://www.healthlinkbc.ca/healthlinkbc-files/healthy-eating-adults Calcium and Vitamin D recommendations: https://www.healthlinkbc.ca/healthlinkbc-files/sources-calcium-vitamin-d Canadian Low Risk Alcohol Drinking Guidelines: http://www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/default.aspx QuitNow BC: https://www.quitnow.ca