

Exercise outdoors - enjoy the ghreat
Nanaimo Sunshine!



Daily exercise can make a big difference to
recovery!



An apple or other fresh fruit is a great start
to a healthy diet!



If it rains - walk with an umbrella



if you keep smiling everyone wonders what
you're up to!



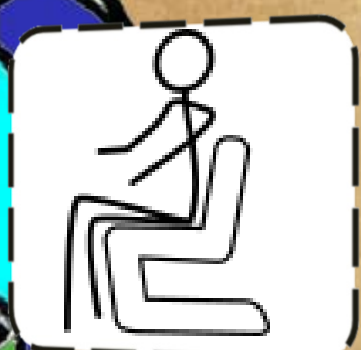
A healthy diet helps with recovery and may
keep the doctor away!



Every day is a gift - don't forget to unwrap
it!



Laugh often! If you wear a funny hat others
will laugh too!



exercise sitting down. We do it every Friday
at the Stroke Recovery Group!



If you can't run - just walk!!

