Fit-in 15

The 15 minute fitness habit.

Do you?

- **Want a more energized lifestyle?**
- **Have difficulty finding time to be active?**
- **Want to get started with little or no expense?**

Welcome to Fit-in 15! This program is for people who would like to find time for fitness activities, but have difficulty getting started or staying motivated. Fitting-in just 15 minutes of focused activity each day can start you on the way to a fitness habit.

Fit-in 15 is a good place to start if you have been inactive and are having trouble making time to fit-in some focused activity. Fifteen minutes a day can be the beginning of a habit that can grow and help you achieve your fitness goals. You'll feel good about fitting it in, and feeling good is an important factor in your overall health.

Visit the Fit-in 15 website for helpful tips and simple activities to start your 15 minute activity habit.

fitin15.ca

Canadian Chiropractic Association

CHIROPRACTIC CHIROPRATIQUE Canada

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Canada's Chiropractors – here to help

Fit-in 15 has been developed by Canada's Doctors of Chiropractic, experts in muscle and joint function, and champions of healthy living. They recognize that it can be hard to find time in a busy day to focus on your fitness. That's why they created Fit-in 15, an easy and manageable way to start the habit.

A Doctor of Chiropractic can evaluate your strength and flexibility, and screen for anything that may limit your physical activities. Ask your chiropractor for an evaluation or visit chiropracticcanada.ca to find a chiropractor in your area.

Just 15 minutes a day will help you start a good habit with many health benefits:

- Better heart health
- Improved circulation
- Greater flexibility and strength
- More energy
- A brighter outlook

Visit **fitin15.ca** to get started.

For more information or to locate a chiropractor contact:

Canadian Chiropractic Association
1-877-222-9303
chiropracticcanada.ca

or

For more information on healthy, active living visit:
Canada's Physical Activity Guide
publichealth.gc.ca/paguide

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