CANFIT

Communities · Adolescents · Nutrition · Fitness

ACTIVE8 (ACTIVATE)

CANFIT'S 8-STEP PHYSICAL ACTIVITY GUIDE FOR ADOLESCENT YOUTH IN AFTER SCHOOL AND COMMUNITY-BASED PROGRAMS

- Learn 8 Steps to Get & Keep Youth Active
- Promote Health at Every Size
- Activity Picture Guide included!

ACTIVE8 (ACTIVATE)

THE 8-STEP GUIDE TO IMPROVE PHYSICAL ACTIVITY FOR YOUTH IN AFTER SCHOOL & COMMUNITY-BASED PROGRAMS

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