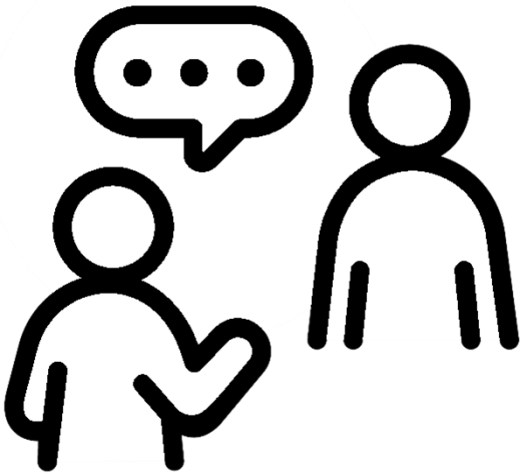
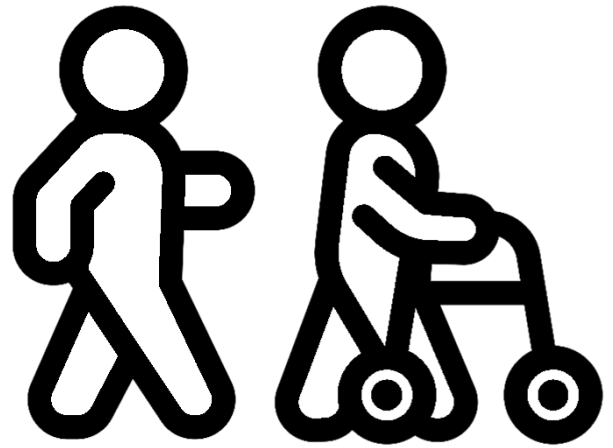


# Move It May Colouring

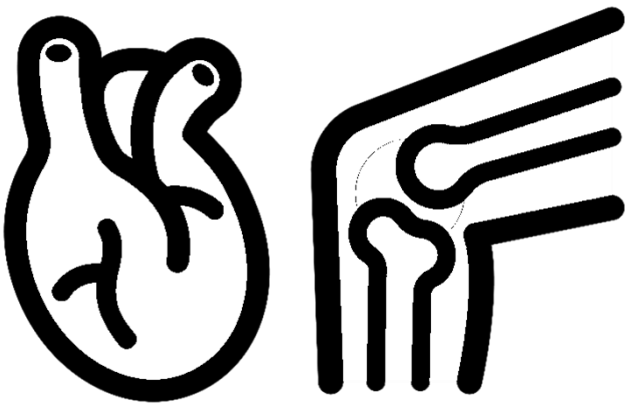
Colouring is great for creativity, fine movement and control, and you can also learn about why physical activity is important!



Before starting any exercise, speak to your health professional.



Physical activity can help you stay healthier for longer and prevent falls.



Physical activity is good for your heart and helps strengthen your bones.



Wear supportive footwear and your glasses or hearing aids (if you need them).