

HEALTHY MINDS

BUILDING GOOD PHYSICAL HEALTH CAN HELP YOU KEEP UP YOUR MENTAL HEALTH



Get in a minimum of 30 minutes of activity tough enough to make you breathe hard and sweat a little. This can be all at once or even in 3 separate 10 minute intervals.

**TAKE CARE
— OF YOUR —
EQUIPMENT**

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Canadian Mental Health Association
British Columbia
Mental health for all

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