

FREE HealthyNS Virtual Support

Physical Activity Counselling

Turn everyday moments into opportunities for movement.

Our physical activity counsellors help:

✓ Find safe, realistic ways to add movement into your daily life

✓ Share physical activity options suited to your lifestyle

✓ Guide you through the process of becoming more physically active at your own pace

Ready to move more at your own pace?

Click or scan to book now: HealthyNS.ca

One-on-one session is held on Microsoft Teams.

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