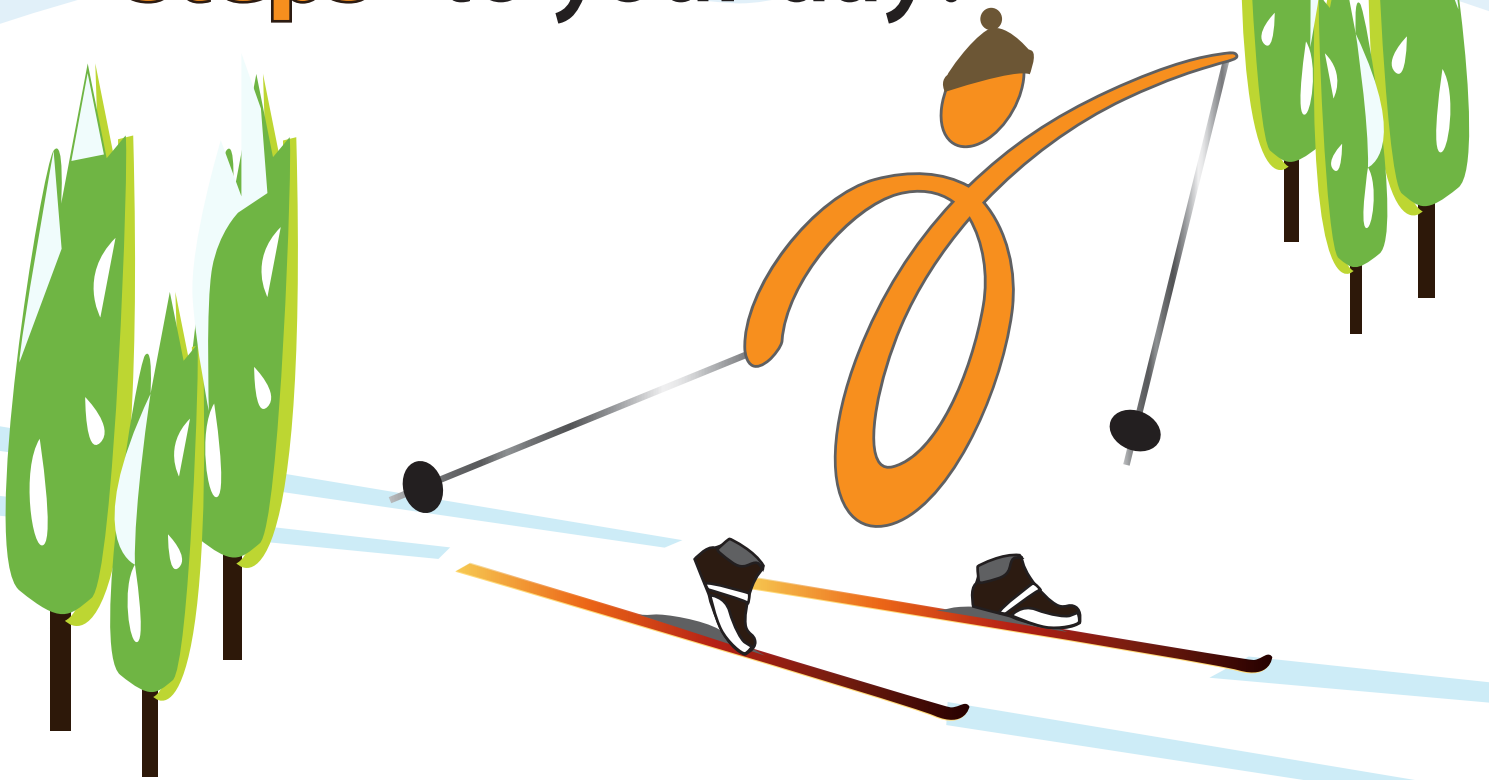


Did you know...

...30 minutes of
cross-country skiing
can add nearly 7000
"steps" to your day?



...in motion
Your way >>>

Winnipeg
in motion[™]
Physical Activity - do it for life!