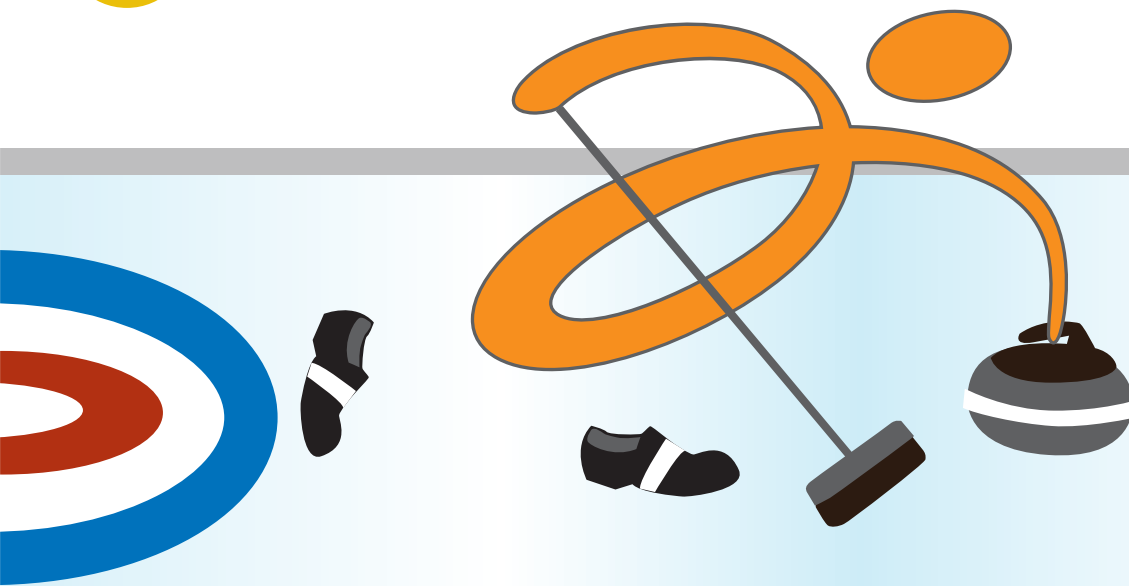


# Did you know...

... **10 minutes** spent sweeping a curling rock can add over **1200 "steps"** to your day?



...in motion  
**Your way** >>>

Winnipeg  
*in motion*<sup>™</sup>  
Physical Activity - do it for life!