

KEEP YOUR STICK ON THE ICE

POWERPLAY's a wrap, but the game isn't over. Now that you know how to play, keep scoring goals for better health.

We're heading into overtime!

MANAGE THE DEFENSIVE ZONE

- Recognize your personal barriers to physical activity and create a plan of attack.
- Watch out for cherry pickers. Alcohol can put you off your game both on and off the ice.

STAY ON THE OFFENSIVE

- Base your meals and snacks around the 4 food groups. Try adding a variety of colours to your grocery cart and plate!
- Keep track of your physical activity and add up at least 150 min/week.



PASS THE PUCK

- Get others involved in the fun by planning social events and family outings around being active
- Show off your skills! Offer healthier versions of your old standard recipes at your next playoff party.

TAKE ADVANTAGE OF A BREAKAWAY

- Build on what you've already learned and make physical activity work for you – try something new, add in strength training, set a bigger goal.
- Keep your healthy eating momentum going by including the types of foods that give your body energy and strength.

He shoots...
HE SCORES!