

IT FEELS GOOD TO EAT WELL AND BE ACTIVE!

EATING WELL MEANS:

- Cooking and discovering new flavors
- Sharing your culture and being inspired by others
- Enjoying eating
- Sharing good times with loved ones
- Taking care of your body



BEING ACTIVE MEANS:

- Discovering new skills
- Getting energized
- Enjoying nature
- Releasing stress and relaxing
- Building social relationships



DID YOU KNOW?

Healthy eating habits and physical activity are beneficial to health and well-being, but do not necessarily have an impact on weight. Let's enjoy the many benefits they bring to the body and mind!

Everyone benefits from eating well and having an active life!

For other resources, check out the complete toolkit!

[Click here](#)



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