

# We all need to stay active to stay healthy



Pacific  
Community  
Communauté  
du Pacifique



There's an exercise right for you whatever your age, ability or health condition. Be active everyday in as many ways as you can, your way.



Sweeping



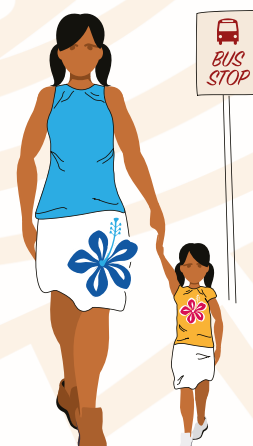
Swimming



Cycling



Gardening



Walking

Seek healthy living advice from  
your health professionals.

[www.spc.int](http://www.spc.int)

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