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Conclusion



A final word

This guide has given you information and strategies to help you stay physically active and age with vitality!

The *Ageing with vitality: Workbook* has many activities to help you plan to be more active and to stick with it along the way. The workbook also has common questions and answers, plus an extensive list of resources and services for more information.



We wish you all the best in becoming more active as you make small changes to your everyday life. Here are some final tips to help you stay motivated:

- Keep the guide or workbook somewhere visible to remind you about the importance of being active and eating healthy. Don't let this resource become a bookshelf dust collector.
- Share this guide with friends and family and encourage them to join you in benefiting your health with physical activity.

