



Niagara Health System
Système De Santé De Niagara

Join the Niagara Families Healthy Heart Challenge!

Did you know that the most important muscle in your body is your heart?

Incorporating physical activity into your day can benefit your health significantly and can lower your family's risk of heart disease.

That's why as part of Heart Health month, YMCA of Niagara and Niagara Health System have teamed up to launch the first Niagara Families Healthy Heart Challenge in February.

We're challenging families to make a 30-day commitment to lower their families' risk for heart disease by participating in 30 minutes of physical activity together at least 3 times per week.

For a tracking calendar, activity ideas and details on great freebies and prizes to be won

go to ymcaofniagara.org OR niagarahealth.on.ca

