



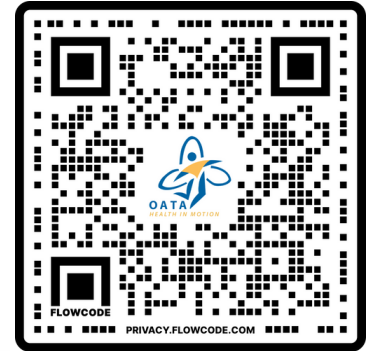
Athletic Therapists Keep You Dancing

Health in Motion

ATs Expanding Your Agility & Stamina

www.ontarioathletictherapists.com

200 CALORIES



Dancing is a Workout

Ontario Athletic Therapists Salute the Reebok estimate that 30 mins of dancing burns off 200 calories.

Health in Motion

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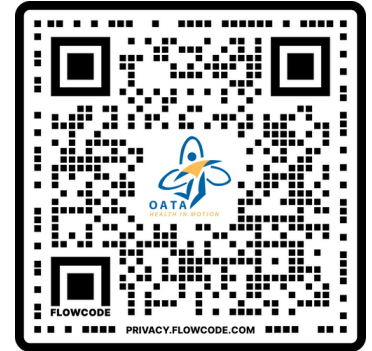
Athletic Therapists Keep You Gardening

Health in Motion

ATs Expanding Your Agility & Stamina

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12%



DECREASE

Risk of death from Heart Disease

Ontario Athletic Therapists recognize Abiomed's findings that less than 1 hour of gardening per week is good for your heart.

Health in Motion

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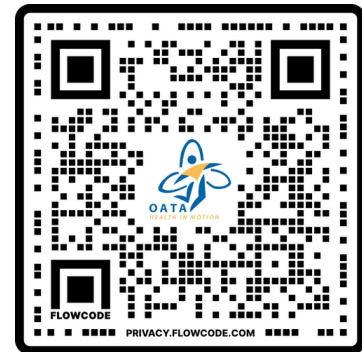
Athletic Therapists Keep You Running

Health in Motion

ATs Expanding Your Agility & Stamina

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15 MINUTES



To Keep Your Mind Healthy!

Ontario Athletic Therapists confirm Harvard's School of Public Health that 15 min. of running can reduce the risk of depression by 26%.

Health in Motion

ATs Expanding Your Agility & Stamina



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Athletic Therapists Keep You Active

Health in Motion

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150 MINUTES



The Magic Number for Overall Health

Ontario Athletic Therapists confirm WHO Claim that 150-300 minutes/week of physical activity is the magic number for overall health.

Health in Motion

ATs Expanding Your Agility & Stamina



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