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Actualizing active living



LOCATION

In-person or via videoconference



DURATION

60 minutes



SPEAKER

Olympe Health professional

Is it true that 30 minutes of physical activity per day is enough to stay in shape? What are the best exercises to help with my back pain?

If you find these questions intriguing, then here's the conference where you'll find answers:

- What does it mean to be in shape?
- Why is it so important?
- Relaxed or intense?
- Health recommendations?
- Results from sedentary living
- Beware of traps

You'll leave with the tools and motivation needed to take action and stay active!

www.olympé.com

Follow us for even more hints and advice!   

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