



Move More, Milton!

Be active, more often

Celebrate Move More, Milton Month in March!

Goal: 85,000 activity minutes community-wide

Kick-off Event: Orange Olympics

Monday, March 4, 12:15 pm, Victoria Park (beside Town Hall, 150 Mary Street)

Kick off your commitment to active living in March by attending this free community event. Participate in the Orange Olympics! Get decked out in Move More orange and join Mayor Gord Krantz in a fun-filled competition including a variety of activities to get your heart rate pumping.

Join the Active Revolution

Try something new on your own or with a group and challenge yourself to find creative ways to be more active.

- **Plan your activity:** Shake things up and discover ways to incorporate at least 15 minutes of activity into your daily routine.
- **Promote your commitment:** Register your commitment details online and report your progress.
- **Track the community's progress:** Visit www.MoveMoreMilton.ca all month long to see the total count of active minutes.

Keep moving more every day in March with helpful online resources, including:

- **Active living articles** outlining creative ways to inspire you to get moving
- **Promotional tools** including logos, posters, templates and more to help you promote your active living events

Subscribe to the Move More, Milton! e-newsletter for even more ways to be more active, more often.

Work-it-out in March!

Choose from a variety of group fitness/aquafit classes and cardio/weight room workouts in Town of Milton facilities.

Work It, Wednesdays Free!	Free Fitness Fridays Free!
Milton Sports Centre	Milton Leisure Centre
9:00 am: Aqua Tool Time (A)	7:35 am: To Your Limit (A)
7:00 pm: Body Blast (A)	9:00 am: H ₂ O Cardio Combo (A)
8:00 pm: Kickboxing Circuit	9:15 am: Cardio Mix
To Your Limit (A)	10:00 am: To Your Limit (A)
	10:20 am: Mind/Body Flow
	12:10 pm: Strengthen & Tone

Classes are offered on a first-come, first-served basis; space is limited.

More Information

- www.milton.ca
- 905-875-5393, ext. 2600



Additional Information: www.MoveMoreMilton.ca or 905-875-5393, ext. 2600

BOOK BY *March 15th* and RECEIVE **\$150 OFF** any WEDDING PACKAGE

ONE-SWEET-DAY.ca | 416.450.6830

WEDDING & EVENT COORDINATION

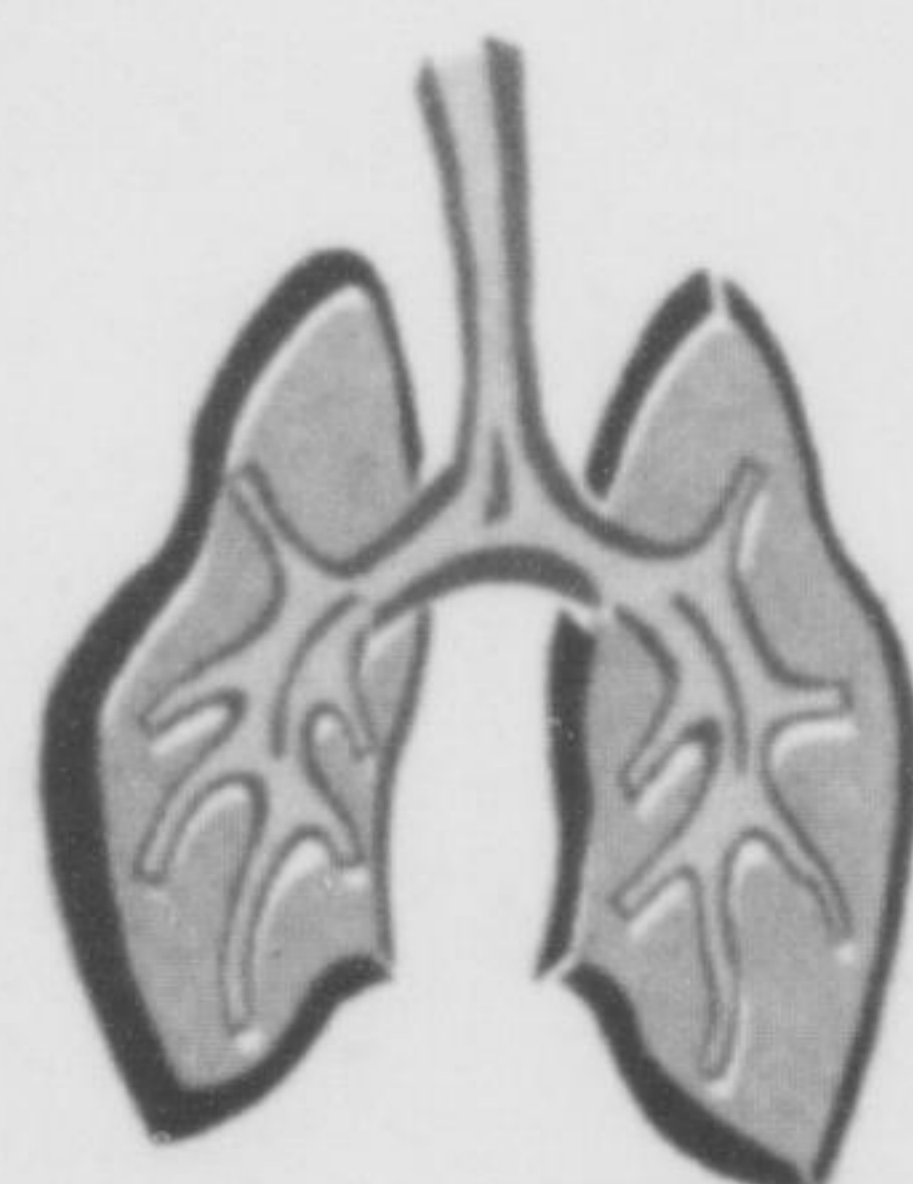


This message has been provided by these Concerned Community Minded Businesses and the

The Canadian Champion

CALLING ALL RESIDENTS OF MILTON!

Want To Learn More About Chronic Obstructive Pulmonary Disease?



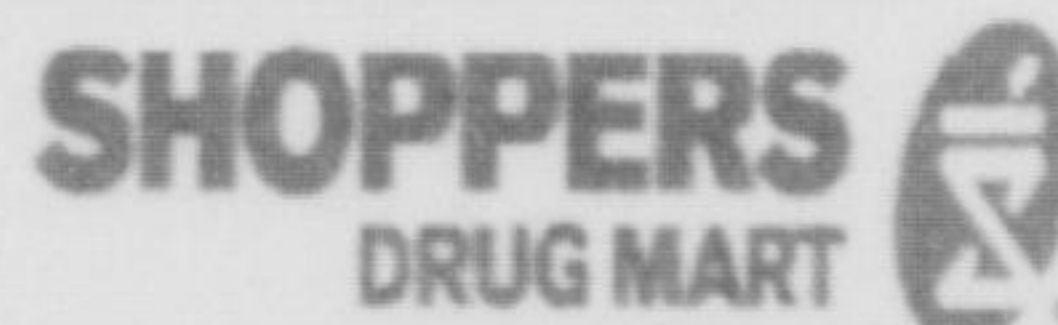
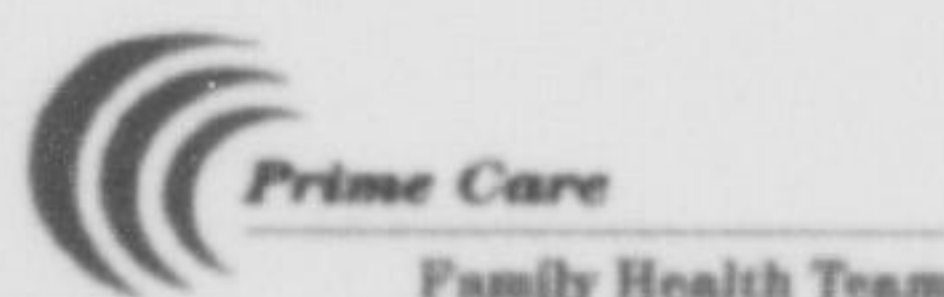
COPD is a serious disease. If you or someone you love has chronic lung disease, like COPD, there is hope for rebuilding strength and enjoying a fuller more active life.

WHEN: March 6th, 2013
WHERE: Milton Sports Centre, Conference Room 1
 605 Santa Maria Boulevard, Milton
TIME: 4:00 pm—6:00 pm

FAMILY AND FRIENDS ARE WELCOME

Refreshments will be served!

Seats are limited: Please call to register
 905.878.1720



Move More, Milton!

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Get Involved with Move More, Milton!

Participate in this community-wide campaign year-round to become more active, more often and as a result - healthier!

- **Mover: Participant** - We are all movers! Visit our website for tips to be more active, more often!
- **Motivator: Physical Activity Promoter** - Promote Move More, Milton! at organizational events, display the Move More logo in company storefronts, publications and more!
- **Mobilizer: Physical Activity Provider** - Become one of the local organizations, groups and businesses providing options for the community to be more active, more often.
- **Move More Manager** - Get involved with organizations, groups, businesses and individuals working in partnership to actively participate in the administration and growth of Move More, Milton!

For more information, visit our website or call 905-878-7252, ext. 2231.



www.MoveMoreMilton.ca