

# Reframing Retirement



LINKING MIND  
TO MOVEMENT

*Your Health, Your Future, One Step at a Time!*



## ELIGIBILITY

Retirees aged 60-70 years old.  
Retired within the last 18 months.  
Engage in less than 150 minutes of physical activity per week.

## BENEFITS

Tips and tools to help you ease into retirement.  
Earn up to \$150.

## COMMITMENT

12-month commitment.  
2 in-person fitness tests.  
Smartphone check-ins.



Scan to  
Sign Up!



University  
of Victoria

## JOIN OUR ONLINE HEALTH STUDY

For more information or to participate please contact  
Sandy at: [bml@uvic.ca](mailto:bml@uvic.ca)