



# October 1st-7th is *in motion* week!

## TAKE THE COUCH POTATO PLEDGE!

"I promise, to never again be a couch potato! And I promise from here on in, that I will live my life in motion! Physical activity - do it for life!"



[www.swarginmotion.com](http://www.swarginmotion.com)



Connect with your local recreation centre for more details on how to get *in motion*

Join us for The Town of Kingsville 12 O'clock Walk

October 3 at 12 noon

Kingsville Arena

1741 Jasperson Lane

Come out and meet some of our In Motion All Stars