

# *Recreation Matters*

PRINT PSA ELECTION 2003

**ELECTION 2003**

**Recreation nurtures independent living and develops life skills for persons with a physical or mental challenge.**

*Be active 60 minutes a day to improve mental and physical health. Choose to be healthy.*

**Recreation Matters**  
*to our health*



**Recreation and active living increase life expectancy.**

*Invest in your future. Be active and live longer!*

**Recreation Matters**  
*to our health*



**ELECTION 2003**

**ELECTION 2003**

**As physical activity increases, mental states improve and hypertension decreases.**

*Get active and improve your stamina, muscle tone, and flexibility. It can save your life!*

**Recreation Matters**

*to our health*



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PRINT PSA ELECTION 2003

ELECTION 2003

**Physical education is a critical component of a child's healthy development.**

*Elect a government that will commit to 150 minutes of activity time per week throughout grades primary to 12.*

**Recreation Matters**  
to our health



**Recreation and active living increase life expectancy.**

*Invest in your future. Be active and live longer!*

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ELECTION 2003

ELECTION 2003

**The total economic burden of physical inactivity in Nova Scotia is estimated at \$354 million annually.**

*Invest in recreation programs and facility development.*

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to our health

