



Get Active Challenge 2011

Generations Physiotherapy Centre has recently launched a campaign for the 2011 summer entitled 'Get Active Challenge 2011'. We believe that staying active is an integral part of staying healthy.

We are / will be encouraging everyone to get active and stay active.

But of course we all need a little push at times, therefore there is a contest. We are encouraging everyone to get their families active and share their story of how they did so via a letter or video. The Challenge / Contest is free and open to everyone but stories must be submitted to Generations Physiotherapy Centre on or before October 1st, 2011 and the winner will be chosen based on best story and/or most original way in which the family is getting active. We kindly ask that you drop off your story to us at 371 Mountainview Rd. S., Unit 7, in South Georgetown and we ask everyone, if possible, to bring a non-perishable food item that will go to our local food bank.

The prize includes passes for yoga, fitness / wellness assessment, massage therapy, gift cards for a free golf lesson, dance class, boot camp, sporting equipment and more.

We are committed to this campaign and hope you will join us in getting and staying more active. Please feel free to call us at 905.702.0888.