Because being active feels good!

Regularly practising sports, leisure, physical and outdoor activities that are adapted to a person’s ability benefits everyone, regardless of their physical fitness. Physical activity helps young children improve their motor skills and overall development, students improve their attention span and concentration, adults improve their ability to manage stress and increase their energy level, and seniors improve their quality of life and maintain their autonomy.

Being active enables you to maintain your cardiovascular health and boosts your metabolism in addition to strengthening your immune system. Regular physical activity also enables you to:

• increase your life expectancy
• improve your physical fitness
(aerobic fitness, muscle tone, flexibility)
• adopt healthy lifestyle habits that will have a positive effect on your quality of life

Being active also contributes to better, longer-lasting sleep, especially deep sleep, the most restorative sleep stage.

Because being active... feels REALLY good!

Follow health guidelines at all times!

When engaging in any sports or physical activity, it is essential to always follow health guidelines in order to limit the risks associated with the spread of the virus.

Handwashing

- Wash your hands often with soap and warm running water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if you do not have access to soap and water.

Respiratory etiquette

- Observe hygiene rules when you cough or sneeze:
  • Cover your mouth and nose with your arm to reduce the spread of germs
  • If you use a paper tissue, dispose of it as soon as possible and then wash your hands.

Physical distancing at all times

- As much as possible, stay at least 2 metres (approximately 6 feet) away from people who do not live under the same roof as you.

Follow recommendations to self-isolate

- If you experience symptoms of COVID-19, follow the recommendation to self-isolate at home to avoid passing the disease on to other people.

Hygiene measures regarding frequently touched objects and equipment

- Use your own equipment (use your own golf balls, have each tennis player use a different ball, etc.).
- If the equipment is shared, make sure it is disinfected after each use.