Getting ON TRAC: Transition Activities

Why Exercise?

Physical Benefits:

- Balance and coordination
 - Muscle strength and power
 - Flexibility
 - Body composition "makes you feel good!"

Personal Benefits:

- Makes you feel good
- Increases energy
- Improves self-confidence and self-esteem
- Relieves boredom and isolation
- Team / group activities are great for making friends
- ➡ Fights feelings like worry, anxiety or the "blues".









ON TRAC