Physical Activity 101

- Get outside and get moving on neighbourhood sidewalks, streets, and multiuse paths
- Maintain proper distancing from others
- Step-aside or pass others quickly and courteously on sidewalks
- Remember that parks are only to pass through
- If you are a traveller, have symptoms of COVID-19 or have been in close contact with a case, stay on your private property

www.timiskaminghu.com