



How you move or the type of movement you engage in matters **way less than just moving.**

Find ways of moving that bring you **joy and get you excited**, as these contribute greater to overall health and well-being.

It is just as important to get **enough rest as it is to move.** Not getting enough rest can lead to negative outcomes, such as injuries, tiredness, and unhealthy habits.

Take days off to rest and **engage in other activities** that bring you joy.

Fueling your body is important when engaging in movement. Make sure to **get enough food** to keep you energized when engaging in movement.

We move best when our bodies are fuelled.



For more information, scan the QR Code



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Eating Disorders Awareness Week
#EDAW2026