



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.

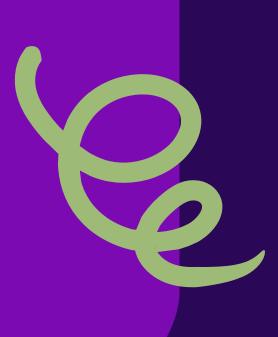
Fueling your body is important when engaging in movement. Make sure to get enough food to keep you energized when engaging in movement.

We move best when our bodies are fuelled.









If you see this poster, snap a picture and tag us! @the_nedic







Eating Disorders Awareness Week #EDAW2026