

# Understanding My Coverage



## Help on your way to better health

There's a brand new [Fitness Guide](#) available from Lumino Health. These guides are an easy starting point to help you get on track, and stay on track, to better health.

Each guide provides focused health information – and you can share them with your friends and family, too. ParticipACTION supports the guide, which provides helpful tips and recommendations.

### **This free Fitness Guide covers:**

- Fitness 101
- Different types of workouts
- Overcoming fitness barriers
- Improving your fitness level
- Preventing and treating workout injuries

### **We all need extra help this year**

A recent [Sun Life survey](#) showed Canadians are not setting goals. About 57% of survey participants said they haven't set any for 2021. However, research shows that setting goals is a good first step to making positive health changes.

### **Please share the Fitness Guide with your family and friends – and encourage them to share, too**

Please share this link to the [Fitness Guide](#).

It's available to all Canadians on [LuminoHealth.ca](#) – and you can also get all of the guides through [mysunlife.ca](#), by clicking on Lumino Health content.

### **Questions? We're here to help.**

Please call us at 1-800-361-6212, Monday to Friday, 8 a.m. to 8 p.m. ET.