



**The Musée de la santé Armand-Frappier
brings the *Get Moving!* exhibition back to life
with spokesperson Bruny Surin**

Laval, Wednesday, August 20, 2025 — Starting Septembre 15, the **Musée de la santé Armand-Frappier** will open its doors to the temporary exhibition *Get Moving!* — an interactive, family-friendly experience that highlights the many benefits of physical activity for both body and mind.

Originally presented in 2021, the exhibition didn't receive the visibility it deserved due to the pandemic. Four years later, the Museum is bringing it back into the spotlight, convinced that its message is more relevant than ever. Humans are built to move—yet sedentary lifestyles and physical inactivity continue to rise, now recognized as major risk factors for health. *Get Moving!* aims to raise awareness about the importance of movement and offer practical tools to help people incorporate more physical activity into their daily lives.

The Museum is proud to welcome back Olympic champion **Bruny Surin** as the exhibition's spokesperson. A role model for anyone seeking a healthy, active lifestyle, Surin shares:

“You don’t need to be an athlete to feel the benefits of physical activity—there are countless ways to get moving. Get Moving! shows you how the body responds to effort, while offering simple ideas to bring more movement into your everyday life. Physical activity transformed my life, and I hope everyone who visits finds the motivation—and the tools—to move more, at their own pace.”

Designed for the whole family, the exhibition blends scientific discovery, interactive scenarios, and accessible educational tools to make the science of movement easy to understand and fun to explore. *Get Moving!* dives into:

- The mechanics of the body in motion
- The physical and mental health benefits of exercise
- The barriers and motivators that influence our desire to be active

More than just an exhibition to observe, *Get Moving!* invites visitors to act. Warm-ups, running, jumping, balancing, obstacle courses, and other playful stations offer opportunities to move at your own pace, explore your abilities, and discover how your body responds to physical effort.

The experience continues in the Museum's laboratories, where visitors—guided by a science educator—step into the role of a scientist. Using various measuring instruments, they observe in real time how physical effort affects body temperature, heart rate, and other indicators.

Practical information

Dates: Septembre 15, 2025 to Septembre 8, 2026

Hours: Monday to Sunday, 10 a.m. to 5 p.m.
(Closed December 24, 25, and 31, and January 1st)

Location: Musée de la santé Armand-Frappier — 2150, autoroute des Laurentides, Laval (Québec) H7T 2T8

Tickets: <https://museefrappier.logikpos.ca/ticketing2.aspx>

Special activities all year long

Throughout the year, the Museum offers conferences, workshops, expert talks, and participatory events to extend the experience and promote healthy lifestyle habits. By combining a visit to the temporary exhibition with the permanent exhibition *4,3,2,1... Santé!*, visitors gain a deeper understanding of the connections between personal health, community well-being, other species, and the environment.

About the Musée de la santé Armand-Frappier

Inspired by the legacy of Dr. Frappier, the Musée de la santé Armand-Frappier is dedicated to fostering public understanding of the science behind human health, with the goal of contributing to the well-being of individuals and communities.

Thank you to our partners

The *Get Moving!* exhibition was updated in 2025, thanks to financial support from to the ministère des affaires municipales et de l'Habitation through Fonds régions et ruralité – volet 1 Soutien au rayonnement régional, and was carried out with the support of Ville de Laval and the ministère de l'Économie, de l'Innovation et de l'Énergie through its NovaScience program – volet 3 : Soutien aux initiatives de partenariat.

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