

Supervised Exercise

What can I expect?

First, you will meet with a healthcare professional over the phone, and together you will:

- Check your medical history to make sure it is safe to exercise.
- Talk about your goals and reasons for being active.
- Discuss other Alberta Health Living Programs services that may interest or benefit you.

By the end of the program, you will have learned:

- How exercise can help you manage your chronic health condition(s).
- How to start or change an exercise plan, based on symptoms and abilities.
- How to set goals and develop a plan to achieve those goals.
- How to exercise safely at home or in your community.

How long is this program?

The program usually runs for 9 weeks in length.

Who can register for this class?

To register, you must.

- Be 18 years of age or older.
- Have at least one chronic health condition and are able to manage independently.
- Live in the Calgary Zone and be in the province for all virtual programs or appointments.
- Be attached to a physician or nurse practitioner.
- Be interested in receiving guidance and support to increase physical activity.

How do I register?

Call 1-844-527-1160.

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program – Calgary Zone, [join our e-mail distribution list](#).