



Supervised Exercise – North Zone

What can I expect to learn?

- How to self-monitor and stay safe while exercising
- How to safely improve your strength, flexibility and endurance

What will this class look like?

- You will start with a one-on-one initial assessment, which will be scheduled 1-4 weeks prior to the start of the program
- Throughout the program, you will exercise in a small virtual group under the guidance of an Exercise Specialist
- The program concludes with a final coaching opportunity with the exercise therapist to discuss exercise experience and personal goals.

How many parts are there to this class?

- 2 times per week, 1 .5 hours per session
- This program is 6 weeks long

How is this class being offered?

- This class is currently being offered in all North Zone communities virtually through
- Zoom.

Who can register for this class?

- Adults and/or their caregivers living anywhere in the North Zone

How can I register for this class?

- Phone us at 1-877-349-5711 or visit our www.healthylivingprogram.ca to view our class schedule or register.
- This class is for individuals with one or more chronic conditions interested in learning how to exercise safely and experience the health benefits.



<https://www.albertahealthservices.ca/info/Page16878.aspx>



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