

Get Active, Stay Active (Video)

What can I expect to learn?

Learn about how not moving enough can change your health. In this 1-hour video, a Kinesiologist talks about:

- Why exercise is good for you
- The parts of an exercise program
- How to set yourself up to get more active
- What to think about when exercising with chronic health condition(s) like arthritis, COPD, diabetes, heart disease and/or pain

Note: This video does not lead you in exercise and does not provide an exercise plan.

How many videos are there?

There is 1 video. The video is 1 hour long.

How can I register for this class?

[You can access the video here.](#)

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