

Supervised Exercise

What will this program look like for me?

You will be paired with a healthcare professional, who will guide you through the program and help you develop strategies to overcome barriers to being physically active. Based on your goals, the healthcare professional may recommend attending our health education classes, self- management workshops, exercise modules, group exercise classes and/or consults with other healthcare professionals on our team to help set you up for success in reaching your physical activity goals. Our group exercise classes are offered both virtually and in-person out of the [East Calgary Health Centre](#).

What can I expect to learn?

- The benefits of exercise
- How to begin or modify an exercise program based on your symptoms and abilities
- How to manage your chronic health condition(s) or disease(s)

How many classes are there?

Varies

How is this class being offered?

Over telephone, by Zoom and in-person

Who can register for this class?

Adults who are living in Calgary Zone and will physically be in Calgary Zone during the classes

How can I register for this class?

- Phone 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](#).

