

Exercise Essentials: Motivation, Strength, Cardio & Balance



Learn practical, evidence-based strategies to help you get started with exercise in a safe, approachable way. Register for any of the topics based on your interest and needs.

Series Topics:

1) Motivation to Move: Building a Healthy Relationship to Exercise

Explore mindset, motivation, and common barriers. Learn how to build sustainable habits and shift your relationship with exercise.

2) Strong Foundation: A Practical Introduction to Strength Training

Learn how strength training supports your physical and mental health, healthy aging, and injury prevention. Includes a guided session to help you feel confident getting started.

3) Cardio Basics: A Practical Guide to Aerobic Exercise

Discover the physical and mental health benefits of cardiovascular/aerobic activity. Learn how to get started safely and build your aerobic fitness over time. Includes a guided practical session.

4) Steady Steps: A Practical Guide to Flexibility and Balance

Learn how mobility and balance support daily movement and fall prevention. Includes a practical session with simple, effective exercises.

This series is offered online and hosted by Central Zone. Register online or call 1-877-314-6997.

Topic	Date	Time	How to Register
Motivation to Move	September 10, 2025	9:00 a.m. – 10:00 a.m.	Register Online
Strong Foundations	September 17, 2025	9:00 a.m. – 10:00 a.m.	Register Online
Cardio Basics	September 24, 2025	9:00 a.m. – 10:00 a.m.	Register Online
Steady Steps	October 1, 2025	9:00 a.m. – 10:00 a.m.	Register Online

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

