



STEP Forward (Supervised Transitional Exercise Program)

What is STEP?

A beginner to intermediate level supervised exercise program for individuals with chronic health condition(s) who are motivated to improve their physical status and overall wellness, and who are ready to learn ways to move safely and more confidently in their home and community. Individuals are encouraged to access community physical activity programming upon completion of this program. Classes are run in small group settings.

How many classes are there?

Two classes per week for 8-10 weeks. Each class is 1 hour long.

How is this class being offered?

Virtual or in-person

Who can register for this class?

This program is restricted to adults who live in [Edmonton Zone](#) and who are physically present in Alberta during the session. In addition, all participants must:

- Be available during the day for a telephone interview/eligibility screening
- Have a current Alberta Healthcare (AHCIP) number
- Be able to follow three-step instructions
- Be able to participate in a group exercise environment (in-person or online via Zoom)
- Walk independently (with or without the use of walking aids)
- Participate in an intake assessment to determine program suitability

How can I register for this class?

Phone 780-735-3483 or view our online [course catalogue](#)