



Supervised Exercise Program

What is the Supervised Exercise Program?

- A medically supervised exercise program for people living with chronic conditions interested in learning how to exercise safely and experience the health benefits of physical activity.

As a part of the Program, you will participate in:

- Exercise Consultation for exercise education (1+ session offered in person, phone, or Zoom)
- Exercise Assessment (Pre-requisite to take part in Supervised Exercise Programming offered as in-person appointment only)
- Supervised Exercise Programming (up to 12-weeks offered as in-person appointment only)
- Group-based in a local community site (varies by location). Sessions are twice a week for 30-60 minutes.
- Home-based Programming (personally managed program, created by an Exercise Specialist, that can be used independently at home with phone or ZOOM check-ins).

What can I expect to learn?

- The benefits, and types of different exercise.
- How to self-monitor and stay safe while exercising.
- How to manage my symptoms of chronic conditions with exercise.
- How to increase your endurance, muscle strength, and flexibility.

How is this class being offered?

Over Zoom and in-person

Who can register for this class?

Adults who are living with one or more chronic conditions, live within the South Zone, and will be able to attend most of the scheduled sessions.

How can I register for this class?

- A physician referral is required.
- If you are not attached to a physician, please call toll free 1-866-506-6654 or 1-866-795-9706 and ask to speak with the Supervised Exercise Program staff.

