Using Exercise as Medicine to Manage Chronic Conditions

The Alberta Healthy Living Program (AHLP) offers a variety of programs and services to Albertan adults living with chronic health conditions, such as diabetes, heart disease, COPD, osteoarthritis or chronic pain. In addition to health education classes, nutrition counselling and self-management workshops, the AHLP offers practical exercise advice for adults living with chronic health condition(s) in the Calgary Zone.

The Health and Exercise Wellness Journey will help you understand the benefits of exercise with managing your condition(s) and how to begin or modify an exercise program based on your symptoms and abilities. A healthcare professional will guide you through the program and help you develop strategies to overcome barriers to being physically active. You will be provided with opportunities to attend educational sessions, exercise classes (in a supervised group setting) and work on an action plan to continue exercising at home or in your community.

If you do not live in the Calgary Zone, visit our website to find Exercise Education classes that are available to your area.

November is Fall Prevention Month!

Falls are the leading cause of injury for older adults, and the consequences of having a fall can be devastating. The risk of falling, and the severity of the consequences, increase as we age. Take a look around your home. Is your house cluttered? How is your lighting? Do you have pets, throw rugs or stairwells? What type of shoes do you have? Although the AHLP does not offer services to evaluate your home for fall risks, we do offer services that can help decrease your risk of falling. Check out our 2-part Steady on your Feet class for tips on how to decrease your risk of falling. If you are not feeling well-rested, our Healthy Sleep Habits class will give you some tips on how to get a better night’s sleep. If you live in the Calgary Zone, you can also take part in our Health & Exercise Wellness Journey — a program that offers exercise guidance that is tailored towards your specific needs and abilities and can provide you with tips on how to improve your balance.

UPCOMING CLASSES:

Long COVID Recovery Classes
- Managing Breathing & Sleep
  Tue Nov 2 from 10:30 a.m. – 11:45 a.m.
- Managing Pain & Getting Active
  Tue Nov 9 from 10:30 a.m. – 11:45 a.m.
- Eating After COVID-19
  Tue Nov 16 from 10:30 a.m. – 11:45 a.m.
- Managing Daily Life
  Tue Nov 23 from 10:30 a.m. – 11:45 a.m.
- Managing Stress
  Tue Nov 30 from 10:30 a.m. – 11:45 a.m.

Eating Well for Good Health (Cantonese)
- Tips for Eating: Prediabetes & Diabetes (Cantonese and Punjabi)
- Heart Healthy Eating (Mandarin and Punjabi)

To register for any of these classes, visit our online course catalogue or phone 403-943-2584. You can also phone our Cantonese and Mandarin line at 403-955-6857 or our Hindi and Punjabi line at 403-955-6856.
AHLP Program Updates

Eating Well & Staying Healthy

Updates on our Health Education and Nutrition Classes

We offer Zoom and telephone-based health and nutrition information on a variety of different topics. Featured classes for November 2021 include:

**Chronic Conditions**

**COPD: Breathing Matters**
Tue Nov 9, 16, 23 & 30 from 9:30 a.m. – 11 a.m.

**Arthritis- An Introduction to Osteoarthritis**
Thu Nov 18 from 9:30 a.m. – 11:15 a.m.

**Eating Well with Fatty Liver Disease**
Fri Nov 19 from 1:30 p.m. – 2:30 p.m.

**Celiac Disease- Going Gluten-Free**
Wed Nov 24 from 1:30 p.m. – 2:30 p.m.

**Diabetes & Prediabetes**

**Sugar Spike: The Glycemic Index and Your Health**
Thu Nov 4 from 1:30 p.m. – 2:45 p.m.

**Tips for Eating: Prediabetes & Diabetes**
Mon Nov 15 from 9 a.m. – 11 a.m.

**Health Planning**

**Planning for the Future: Health Decisions Matter**
Thu Nov 4 from 2 p.m. – 3:30 p.m.

**Heart Health**

**Heart Healthy Eating**
Wed Nov 17 from 1:30 p.m. – 2:30 p.m.

**Parkinson Disease**

**Parkinson’s 101**
Wed Nov 3 from 1 p.m. – 3 p.m.

**Weight Management**

**The 4 P’s for Meal Planning**
Wed Nov 10 from 1:30 p.m. – 2:30 p.m.

**Self-Management Workshops**

**Better Choices, Better Health®**

If you are living with a chronic condition such as diabetes, COPD, osteoporosis, heart disease, chronic pain or arthritis, these workshops may be for you. Better Choices, Better Health® (BCBH®) and BCBH® Chronic Pain are both evidence-based workshops that will help you gain important skills in healthy eating, physical activity, sleep habits, working with healthcare providers, decision making, action planning and more. The BCBH® Chronic Pain workshop also includes information about what pain is, creating a pain profile, pacing and planning.

### The following workshops are coming up in November 2021:

**BCBH® - Cantonese**
Wed Nov 3, 10, 17, 24, Dec 1 & 8 from 10 a.m. – 12:30 p.m.

**BCBH® - Chronic Conditions**
Mon Nov 8, 15, 22, 29, Dec 6 & 13 from 1 p.m. – 3:30 p.m.

**BCBH® Chronic Pain**
Tue Nov 9, 16, 23, 30, Dec 7 & 14 from 6 p.m. – 8:30 p.m.

Wed Nov 10, 17, 24, Dec 1, 8 & 15 from 1 p.m. – 3:30 p.m.

### Accessing our Registered Dietitians

Our registered dietitians are available for one-on-one telephone appointments. If we offer a class on a nutrition-related concern, we require that you attend the class before scheduling an appointment. There are no costs associated with our dietitian counselling.

### Do I Need a Referral?

You do not need a referral from a healthcare provider to access our programming. Call 403-943-2584 for more information.

For more information, call 403-943-2584 or visit our website at [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp) Calgary Zone