Exercising with Chronic Pain

Research has demonstrated that exercise is critical for the management of chronic health condition(s) like arthritis, fibromyalgia and, in general, chronic pain. A safe exercise program can help you improve flexibility and cardiovascular fitness, manage your weight, increase energy levels and, in general, do the activities that are important to you.

Figuring out the right exercises, and the appropriate amount, frequency and intensity can be a matter of trial and error. The following tips could help set you up for success:

- When starting a new activity, start with a short duration, low number of repetitions and a low intensity to see how your body responds;
- Keep track of what triggers your pain through a pain journal or diary;
- Pace yourself and stop and rest when needed. Plan to take breaks before the pain stops you in your tracks;
- Complete a warm-up before you start exercising to lubricate your joints and increase blood flow to your muscles;
- Learn how to modify or adapt an exercise. Move within a pain-free range of motion.

Learn more about managing chronic pain through our Pacing for Chronic Pain class; the Better Choices, Better Health®- Chronic Pain workshop; or our supervised exercise program!

IMPORTANT! Upcoming Changes to the Alberta Healthy Living Program Phone Number and Registration

Effective April 25, 2022, the Alberta Healthy Living Program will be changing its phone number to 1-844-527-1160. Please make a record of this, as our current number (403-943-2584) will no longer be in use.

We will also be making some important changes to our online registration process for all health education classes and self-management workshops starting on May 1, 2022 or later. Instead of accessing our course catalogue, you can access direct registration forms for these classes through our Class Description Handbook, our Class Schedule Guide or our Find Workshops and Classes Tool.

Upcoming phone-in classes

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

**Weight Management: Dietitian Q&A**
Thu Apr 14 from 1 p.m. – 2 p.m.

**Eating Well for Weight & Health: Part 2**
Thu Apr 21 from 6 p.m. – 7 p.m.

**Eating Well and Managing Irritable Bowel Syndrome**
Fri Apr 22 from 10:30 a.m. – 11:30 a.m.

Upcoming classes in Cantonese, Mandarin and Punjabi

**Cantonese:**
- Heart Healthy Eating
  Fri Apr 29 from 10 a.m. – 12 p.m.

**Mandarin:**
- Tips for Eating: Prediabetes & Diabetes
  Fri Apr 8 from 1:30 p.m. – 3:30 p.m.

*There are no Punjabi classes offered in April.*

For information about classes running in Cantonese, Mandarin or Punjabi after May 1, view the class description or register by clicking on the link that is most applicable to you:

- Eating Well for Good Health (Cantonese & Mandarin) – Register here!
- Heart Healthy Eating (Cantonese & Mandarin) – Register here!
- Heart Healthy Eating (Punjabi) – Register here!
- Tips for Eating: Prediabetes & Diabetes (Cantonese & Mandarin) – Register here!
- Tips for Eating: Prediabetes & Diabetes (Punjabi) – Register here!

For more information, phone our Cantonese and Mandarin line at 403-955-6857 or our Hindi and Punjabi line at 403-955-6856.

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

Updates on our Zoom-based Health Education and Nutrition classes
We offer Zoom-based health and nutrition information on a variety of different topics.

Featured classes for April 2022 include:

Chronic Conditions
*Eating Well for Fatty Liver Disease*
Fri Apr 8 from 12:30 p.m. – 1:30 p.m.

BCBH® - Chronic Disease
Tue Apr 5, 12, 19, 26, May 3 & 10 from 9:30 a.m. – noon

COPD - Breathing Matters
Wed Apr 13, 20, 27 & May 4 from 9:30 a.m. – 11 a.m.

Living with ME (CFS)
Wed Apr 13 from 1 p.m. – 3 p.m.

Your Kidney Health
Wed Apr 13 from 1 p.m. – 3 p.m.

Do you know about what foods to eat to keep your kidneys healthy?
We are excited to offer a new class called *Your Kidney Health: What Should I Eat?* This class will teach you about healthy eating patterns that can help you prevent or manage kidney disease. The first class will run on Wednesday April 27. For more information or to register, see our course catalogue.

Chronic Pain
*BCBH® - Chronic Pain*
Thu Apr 7, 14, 21, 28, May 5 & 12 from 9:30 a.m. – noon; or
Wed Apr 13, 20, 27, May 4, 11 & 18 from 1 p.m. – 3:30 p.m.

Health Planning
*Planning for the Future: Health Decisions Matter*
Tue Apr 26 from 2 p.m. – 3:30 p.m.

New videos available to address your questions about managing long COVID
Approximately 30% of people who have tested positive for COVID-19 live with symptoms that could last for weeks or even months after diagnosis. These symptoms can include muscle and joint pain, brain fog, shortness of breath, chronic fatigue, loss of taste and smell, stress and, in general, difficulties in participating in activities that were important to them before they were infected with the virus.

The Alberta Healthy Living Program – Calgary Zone offers 5 classes for Albertan adults who are struggling with these symptoms. In addition to these classes, the AHLP-Calgary Zone has recently published a number of videos on the Alberta Health Services YouTube channel for you to view at your convenience should you be looking for further guidance on managing long COVID symptoms. These videos discuss what long COVID is, managing persistent coughs, nutrition and fatigue, managing pain after COVID-19, getting started with exercise, and more.

For a full list of the YouTube videos, please visit our AHS video playlist. You can also access them through our website at www.ahs.ca/ahlp.

If you have any questions, e-mail them to AHLP.CalgaryZone@ahs.ca.

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 a 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 programs and services. Call 403-943-2584 for more information.

For more information, call 403-943-2584 or visit our website at www.ahs.ca/ahlp Calgary Zone