

Resources

Prescription to Get Active

<https://www.prescriptiontogetactive.com/>

An Alberta program that provides practical resources and guides to physical activity. Visit the website and/or speak to your physician about Prescription to Get Active.

Canadian Physical Activity Guidelines

http://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_0-65plus_en.pdf

Exercise guidelines, based on age, for all Canadians.

Getting Around Barriers to Exercise

<https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwId=ta2537>

Strategies to address common barriers to exercise.

Medically Supervised Exercise Classes

Alberta Health Living Program

<https://www.albertahealthservices.ca/info/page13984.aspx#details-panel13990>

Alberta Healthy Living Program offers free supervised exercise classes for anyone with a chronic condition. Classes are facilitated by a kinesiologist. Speak to your family physician, visit the website, or call 403-943-2584 to register for a class.

Move 'n Mingle Fall Prevention Exercise Program

[https://www.albertahealthservices.ca/findhealth/Service.aspx?](https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1021904&serviceAtFacilityID=1070353#contentStart)

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Free, 45-minute group exercise classes for seniors are offered twice weekly. Classes are facilitated by a certified Older Adult fitness instructor. Call 403-955-1554 to register.

Other Relevant Programs

Health Basics Workshop - South Calgary Primary Care Network

<https://www.scpcn.ca/workshops/42/Health+Basics>

A free, 8-week program (2-hour class, once per week) that helps people adopt healthy habits such as healthy eating, becoming more active, and finding balance in life.

South Health Campus (SHC) Wellness Centre

<https://www.albertahealthservices.ca/shc/Page14846.aspx>

The Wellness Centre is a partnership between YMCA and Alberta Health Services. They offer a variety of programs that support Albertans in living a healthy lifestyle. Visit the website and review their program guide.

Walk and Talk Group (2019) - South Calgary Primary Care Network

<https://www.scpcn.ca/workshops/17>

The South Calgary Primary Care Network's Walk and Talk Group is a welcoming and safe program for individuals looking to increase their physical activity. The group walks year-round at Lake Bonavista Promenade. Join them for all the physical, mental, and social health benefits walking can provide.