



Supervised Exercise Program

What can I expect to learn?

Exercise can help you manage chronic conditions and stay healthy. Learning to do it safely will help you prevent injury and stay on track for living healthy. In this program you will:

- Participate in exercise classes under the guidance of an Exercise Specialist
- Learn to use equipment safely in a community gym
- Learn how to self-monitor and stay safe while exercising

Participants must attend an Information Session prior to starting this program. There, they will meet their local Exercise Specialist, be able to ask questions, and decide if the program is right for you.

How many classes are there?

Varies by community. Typically once to twice weekly for 6-8 weeks. Each session lasts around 1 hour and 30 minutes. Dates/times will be confirmed by the Exercise Specialist in the Information Session.

How is this class being offered?

In-person in various communities and also offered virtually over Zoom.

Who can register for this class?

These classes are for Albertans over the age of 18 in Central Zone with chronic condition(s).

How can I register for this class?

Phone toll free 1-877-314-6997 to register into the next information session in your area.

All participants will have a one-on-one initial assessment, which will be scheduled prior to the start of the program. All classes will be guided by an Exercise Specialist. Once you complete the program, you will have final assessment.



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