

Exercise-Related Videos

Calgary Zone

The following videos are not a personalized exercise program. These videos are currently intended to be used for review by participants of the Alberta Healthy Living Exercise Program (Calgary Zone). Please consult your doctor or health care provider for more specific exercises and an exercise program.

Part 1: Introduction - <https://youtu.be/DmLOFmbLcrU>

Explanation of the 5 components of Exercise (0:55)

BORG SCALE (1:40) - Explanation on how to use the BORG Scale of perceived exertion

Condition specific precautions for:

Osteoporosis (3:00)

High Blood pressure (3:17)

Diabetes/ Gestational Diabetes (3:27)

Heart Conditions (4:07)

Respiratory Conditions (4:24)

Pain (5:00)

Pregnancy (5:50)

Part 2: Posture - <https://youtu.be/oPCJbfrBWU8>

Review of posture check cues.

Part 3: Warm Up Exercises - https://youtu.be/fRC_pWjvn2Y

10 minutes of lower intensity exercise to help you gradually warm up your heart, lungs and body. Seated and Standing options are provided.

Part 4: Cardiovascular Exercise Recommendations - <https://youtu.be/JAKcxxG7IT0>

Review of cardiovascular exercise recommendations

Part 5: Muscle Strengthening - https://youtu.be/egcitHj_ZPE

Exercise band, free weight and body weight examples of strength exercises taught in class.

Part 6: Cool Down and Flexibility Exercises - <https://youtu.be/cO5OP1jixBk>

Seated and standing examples of stretches.

Part 7: Balance Training - <https://youtu.be/NHwrPaW9H3Q>

Static and dynamic examples of balance exercises.