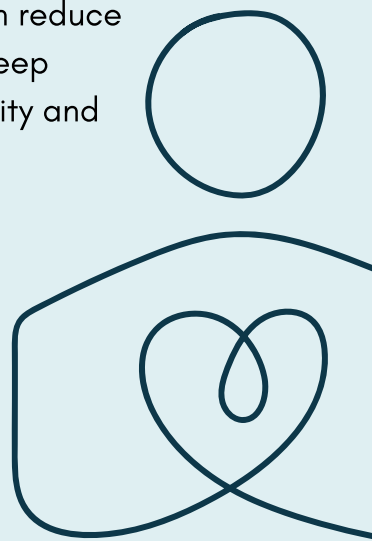


EXERCISE CLASS RESOURCE GUIDE

Advice and examples of ways to exercise safely at home at a level to suit your needs

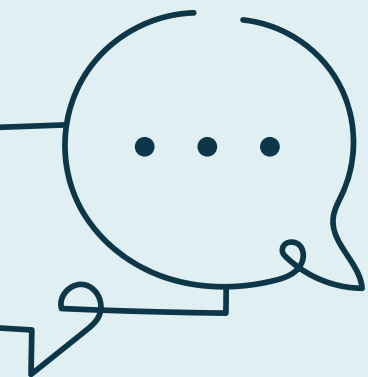
BENEFITS OF PHYSICAL ACTIVITY

- Improves mood and feelings of well being, increases energy levels, and can reduce symptoms of anxiety and depression. Improves relaxation and quality of sleep
- Reduces your risk of falling by improving your strength, balance and flexibility and reaction times
- Maintains your ability to live independently
- Improves and maintains healthy joints muscles and bones, improves your strength and endurance
- Can reduce pain, stiffness and improve arthritic joint pain / swelling
- Allows you to continue to do the things you like to do (playing with your grandchildren, gardening, etc.)
- Can reduce your risk of chronic disease such as coronary heart disease, high blood pressure, colon cancer, diabetes etc.
- Learning new things can help and improve your brain health and memory



EXERCISE CUES

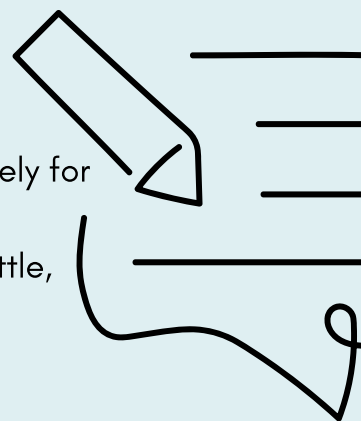
It is Never too late to start exercising, you can improve at any age and at any level!



- What is your current activity/exercise level or plan?
- What exercise have you been able to do in the past week? (sessions, durations)
- Are you able to carry on a conversation while you exercise?
- Do you have any symptoms, problems or joint or muscle issues?
- Have you seen a health care professional who has given you advice about exercises?
- What would you enjoy, do you want to join in with a video class or follow from a sheet of exercises?
- It is important to make sure that you are exercising at the level that is right for you. Use the "Which Exercise Class is best for Me" navigation tool to decide which class is best for the client
- Part of choosing the right class for you is the self screening. Our organization uses the [Get Active](#) or the [PaRQ+ Questionnaire](#).
- We also highly recommend that everyone also completes the [Staying Independent Checklist](#).

PREPARING TO EXERCISE AT HOME

- Unlock your front door and have some form of ability to call for help (call 911 if necessary / Lifeline)
- Have a phone close by or let someone know that you are exercising
- Make sure you have enough space without obstacles so you can move safely for your chosen class
- Make sure you have all the equipment you might need such as a water bottle, a chair, bands, balls, hand weights etc
- Make sure your shoes don't slip or stick (if you are on a carpet check that your shoes don't stick to the carpet)



More Information & Resource Websites

Heart Wise

- [Weekly Exercise Webinars](#)
- [What to Expect](#)

Strategies and Actions for Independent Living (SAIL)

- [Level 1: Sitting - SAIL Home Activity Program](#)
- [Level 2: Standing - SAIL Home Activity Program](#)

Canadian Centre for Activity and Aging

- [Active at Home Videos](#)

Primary Care Fall Prevention

- [Home Activity Program Exercise Sheet](#)

Any concerns raised through the self screenings should be shared and reviewed with your health care provider or instructor. Not all exercises are suitable for everyone. If you experience any abnormal pain, other symptoms while exercising, or concerns, you should stop and consult your physician or health care provider. By choosing to participate in an exercise class, you accept and understand the risks and assume all responsibility for any injury, damage or loss that may occur.