

Program locations

Burnaby Parks and Recreation

Edmonds Recreation Centre
7433 Edmonds Street, Burnaby

Surrey Parks, Recreation, and Culture

Guildford Recreation Centre
15105 105 Avenue, Surrey

Port Coquitlam Parks and Recreation

Port Coquitlam Community Centre
2150 Wilson Ave, Port Coquitlam

Maple Ridge Parks, Recreation, and Culture

Maple Ridge Leisure Centre
11625 Haney Place, Maple Ridge



Image by Tanja Shaw from Pixabay

Exercise Therapy Services Rehabilitation and Recovery

Mental Health and Substance Use Services

To ask questions about this program, contact:

- By phone: 236-332-4570
- By email:
MHSUexercisetherapy@fraserhealth.ca

**We look forward to
helping you get started!**

www.fraserhealth.ca

This information does not replace the advice given
to you by your health care provider.

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Exercise Therapy

Healthy Living Exercise Clinic



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Mental Health and
Substance Use Services

 **fraserhealth**
Better health. Best in health care.

Exercise Therapy

Exercise is one factor in promoting health.

Exercise is the most effective way to feel better, especially in these situations:

- You have gained weight as a side effect of medication.
- You have become more sedentary.
- You are more isolated in your daily life.

Exercise therapy is the first step in becoming more involved and making exercise part of a weekly routine. We can help you make an exercise program that is safe and geared to their current level of fitness in a small and supportive environment.

Our goals are to help you to do all of these:

- maintain or increase your level of physical activity
- increase your awareness of healthy living in your life
- support you to exercise on your own



Image by David Mark from Pixabay

Healthy Living Exercise Clinic

We offer a 3 month program with classes 1 to 2 days each week.

Classes are supported by an exercise physiologist* and recreation therapist.

We assess your level of fitness when you start the program and again when you complete the program.

During the program

- You learn how to do different exercises safely such as:
 - stretching
 - core strengthening
 - cardiovascular training
 - resistance training
- We teach ways to manage your physical and mental health.
- We teach you how to lower your chances of getting any chronic diseases. If you have any, we teach you how to manage them.
- We offer support to overcome any barriers you might have to succeeding such as motivation and finances.
- We help you make a plan to continue to exercise on your own.

*An exercise physiologist (say *fiz-ee-all-oh-gist*) is a specialist in exercise as a therapy for body and mind health.

How do I start?

If you are a client of one of our Mental Health Centres, speak with your clinician about the program. Your clinician can refer you.



Image by Ingo Jakubke from Pixabay

How do I continue after the program?

There are a few ways you can continue with the gains you made while in the program.

Here are some options:

- Make a plan with the exercise physiologist and recreation therapist.
- Continue to exercise at a local community fitness centre.
- Join an exercise group.
- Follow a home exercise routine.