


## Criteria to Participate:

- 50 years of age and older
- Able to transfer to a chair independently (if unable must be accompanied by caregiver to assist during class)
- May use a mobility aid such as a walker, cane, wheelchair, or scooter
- Able to follow directions through verbal or physical gestures with or without the help of a caregiver
- Able to tolerate light to moderate levels of physical activity
- NOT able to safely participate in a community class due to physical and/or cognitive concerns
- Must have transportation to and from the class
- Must commit to a minimum of 1 session per week for 6 weeks

## How can I get more information?

Contact

Fraser Health Falls and Injury Prevention

 (604) 587-7866

 [fallsprevention@fraserhealth.ca](mailto:fallsprevention@fraserhealth.ca)

Visit the Osteofit webpage at [bcwomens.ca](http://bcwomens.ca) and search for 'Osteofit'

## Transportation:

HandyDART may be able to provide transportation through a 'subscription trip'.

Metro Vancouver: (604) 575-6600

Abbotsford and Mission: (604) 855-0080



**BC WOMEN'S  
HOSPITAL+  
HEALTH CENTRE**

An agency of the Provincial Health Services Authority



**fraserhealth**

[www.fraserhealth.ca](http://www.fraserhealth.ca)

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

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To order: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)



# Get Up & Go!

## Exercise Class



## It is never too late to become more active!

Physical activity can prevent and even manage many common health issues. In addition, physical activity can increase the ease of performing your everyday activities and make significant improvements in your overall quality of life.



### What is *Get Up & Go!* ?

*Get Up & Go!* is a version of BC Women's Osteofit program. *Get Up & Go!* offers an appropriate entry level exercise program for seniors with balance and mobility impairments who would otherwise be unable to attend a community based exercise class.

*Get Up & Go!* is a safe exercise program specially designed to improve strength, balance and coordination as well as functional ability, independence, and quality of life.

### Who created *Get Up & Go!* ?

The *Get Up & Go!* program is a collaboration between Fraser Health Falls and Injury Prevention and BC Women's Osteofit program.

Osteofit is an exercise program developed by clinicians at BC Women's Hospital & Health Centre's Osteoporosis Program. It is medically endorsed and based on published research.



### How long is the *Get Up & Go!* Program?

The *Get Up & Go!* program is offered 1-2 times per week for a minimum of 6 weeks.

From previous *Get Up & Go!* participants:

- **88%** improved their balance scores
- **77%** reported feeling more confident in their abilities
- **70%** reported an improvement in performing daily activities