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### Find Your Stride program supports active, healthy living

MEDICINE HAT – Registration is now open for local and area residents who want to learn how to live a more active and healthier lifestyle.

Offered by Alberta Health Services (AHS), the Find Your Stride program is a learn-to-walk-or-run program for people who use or have recently quit tobacco. The program helps people build skills and confidence to improve their overall health and quality of life.

The program is suitable for all fitness levels. Participants are not required to stop smoking or using other forms of tobacco as part of the program; however, as they embrace a healthy activity, such as running or walking, they may be more likely to let go of unhealthy habits, such as using tobacco.

Each group session is \$5 per person to cover the cost of the track rental. Sessions will be held once a week for two hours and will be led by a facilitator. Each session will include a combination of walking, running and stretching regimes, as well as an education component where participants can discuss topics such as the benefits of physical activity, goal-setting, healthy eating, injury prevention, tobacco cessation, and how to remain active.

**Find Your Stride will be offered from 6 p.m. to 8 p.m. on eight consecutive Wednesdays, starting May 17, at the Big Marble Go Centre Walking Track in Medicine Hat, 2000 Division Ave. N. To learn more or to register, call 403-502-8224.**

All participants will complete a pre-participation exercise assessment. Support persons are welcome.

Find Your Stride is adapted from the Learn to Run for Smokers program developed by the Lung Association of Nova Scotia.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait-times, improving EMS response times, increasing access to surgeries, and improving patient flow.

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