



# Supervised Exercise

## What will this program look like for me?

You will meet with a healthcare professional called a Wellness Navigator over the phone. Your Wellness Navigator will:

- Review your medical history with you and ensure that you are safe to exercise;
- Discuss your exercise goals and help you create a physical activity action plan;
- Help you access services that can help you reach your exercise goals.

By the end of the program, you will have learned about:

- The benefits of exercise
- How to begin or modify an exercise program based on your symptoms and abilities
- How exercise can help to manage your chronic health condition(s) or disease(s)
- How to exercise safely at home or in the community.

[Watch this 3-minute video](#) to learn about what you can expect, and how this program has affected other past participants.

## How long is this program?

The program length varies depending on your individual needs.

## Who can register for this class?

To register, you must:

- Be 18 years of age or older;
- Live in Calgary Zone and be physically present in Calgary Zone at the time of the classes;
- Be attached to a physician or nurse practitioner
- Have a chronic condition

## How can I register for this class?

Call 1-844-527-1160.

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program – Calgary Zone, [join our e-mail distribution list](#).



Updated December 18, 2023



Alberta Healthy Living  
Program