

ACTIVE LIVING AND EXERCISE

What does an Exercise Specialist do?

Exercise Specialists help you be active in ways that work for your health, your goals, and your daily life. Everyone is different, so they work with you to make a plan that feels safe and doable.

What can I expect at an appointment?

Most people start with a group session called Active Living for Everyone. This session teaches how movement can help your health and what support is available. After that, you can book a one-on-one visit with an Exercise Specialist. Appointments are about 45 minutes long. They can happen:

- In person at the Edmonton West Primary Care Network Central Office
- By phone or secure video

At your appointment, the Exercise Specialist may:

- Ask about your health and how much you move
- Talk about how being active can help you feel better
- Help you set goals and make a safe plan to get active
- Teach you how to stay active in a way that works for you
- Help you find ways around things that make it hard to move
- Suggest group classes that match your needs;
 - Supervised Exercise Program – A gym class with up to 4 people and an instructor
 - GLA:D Hip & Knee – A group class for people with hip or knee arthritis
 - GLA:D Back – A group class for people with long-term back pain

How do I get an appointment?

Someone from your health care team, like your doctor or nurse, needs to send a referral. After that, we'll contact you to book your visit.

These services are free and covered by Alberta Health Care.

Note: Exercise Specialists do not diagnose or treat injuries.