

# BE ACTIVE



## ONLINE RESOURCES FOR EXERCISE AND PHYSICAL ACTIVITY

- **Sit and Be Fit:** <https://www.sitandbefit.org/watch/youtube/>
- **American Heart Association**
  - **How to move more:** <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-move-more-anytime-anywhere>
  - **Ten Minute Home Workout:** <https://www.heart.org/en/healthy-living/fitness/getting-active/10-minute-home-workout>
  - **Beginner Walking Program:** [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_449261.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_449261.pdf)
- My Fitness Pal: [www.myfitnesspal.com](http://www.myfitnesspal.com)
- Fit Day: [www.fitday.com](http://www.fitday.com)
- MedHelp Exercise Tracker: [www.medhelp.org/land/exercise-tracker](http://www.medhelp.org/land/exercise-tracker)

## CALGARY-AREA RESOURCES FOR BEING ACTIVE

There are several organizations in Calgary that offer various types of physical activity pin group settings. These programs are an excellent way to meet exercise buddies and to figure out what types of physical activity you enjoy.

- **Kerby Centre:** The Kerby Fit Room is a cardio and weight training facility designed for people over 55 years of age. The Fit Room is open weekdays from 8:00 am to 7:30 pm. For more information and membership costs, visit <https://www.kerbycentre.com/courses-events/education-recreation/fit-room/>.
- **Repsol Sport Centre:** Offers exercise programs and classes for people of all ages and abilities. For more information visit: [www.repsolsportcentre.com](http://www.repsolsportcentre.com) or talk to staff at the front desk of the Repsol Sport Centre the next time you are in for an appointment. Note that the Repsol Sport Centre is not affiliated with TotalCardiology Rehabilitation.
- **Move 'n Mingle Exercise Program:** An exercise program through Alberta Health Services that focuses on fall prevention. Classes are held at various locations throughout Calgary. For more information, visit: <https://www.albertahealthservices.ca/services/page13166.aspx>.

## SMARTPHONE APPS

- Bike YYC (iOS)
- Couch to 5k (iOS, Android)
- My Fitness Pal (iOS, Android)

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Cardiac College (available in 6 languages): <https://www.healthuniversity.ca/en/CardiacCollege>

Sit and Be Fit <https://www.sitandbefit.org/watch/youtube/>

American Heart Association: How to move more <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-move-more-anytime-anywhere>

American Heart Association: Ten Minute Home Workout <https://www.heart.org/en/healthy-living/fitness/getting-active/10-minute-home-workout>

Beginner Walking Program AHA: [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_449261.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_449261.pdf)