

STEP Forward **Supervised Transitional Exercise Program**

STEP Forward is:

- a beginner to intermediate level physical conditioning program
- suitable for clients with a chronic health condition which limits their ability to move
- for those who are ready to reintegrate into the community following medical or rehabilitation intervention
- for those who are attempting to prevent an injury by improving physical function
- for those with deteriorating physical status, wanting to prevent an admission to a medical facility

Fundamental principle is:

When a person with a chronic health condition participates in appropriate physical activity on a regular basis, their health and functional status improve.

Eligibility Criteria:

Individuals who meet the following criteria will participate in a functional assessment to determine their suitability for the program:

1. are 18 years of age and older
2. have a current Alberta Personal Health Number
3. are medically stable
4. weigh less than 300 pounds [136.08 kilograms] due to program equipment maximum load recommendations
5. are able to participate in a group environment
6. have enough endurance to participate in a 60 minute exercise class
7. are able to walk independently with or without aids
8. are able to commit to attend exercise classes held twice per week, for eight (8) weeks
9. are able to be evaluated in a one-on-one session with a therapist, pre & post involvement in the program
10. have mobility issues which are causing difficulties in their ability to perform daily activities requiring a basic level of physical functioning
11. have had a recent (less than 3 months) hospital stay, have recently participated in a medical/rehab program, or have had several falls in the past 12 months and are considered at risk
12. have transportation to and from the program site

Exercise Classes Include:

- a group of 8 – 10 people
- an individual assessment which includes a brief history, a physical functional assessment and completion of outcome measures or tests
- exercise classes are 60 minutes, twice a week, for eight (8) weeks
- exercises are adapted to meet the needs of the individuals in the class
- exercises include aspects of flexibility, strengthening, aerobic training, coordination and balance re-education with a focus on function
- exercises are progressive
- there are three (3) education components:
 - the first teaches about the value of having personal goals and provides coaching to write a personal active-living goal
 - the second is about physical activity resources and programs available in the community which may help participants find suitable activities and fitness programs after this program. We will be encouraging you to find opportunities to include physical activity into your life and daily routine
 - outcome measures re-tested and the client's goals reviewed at the end of the eight (8) weeks

STEP Forward Team:

- Kinesiologist
- Occupational Therapists
- Physical Therapists

For Information:

Please leave your name, phone number and a brief message at: **780.735.3483**