

STEP Forward

Supervised Transitional Exercise Program

STEP Forward is a physical conditioning program delivered in a **group setting**.

In-person sessions are eight (8) weeks in duration;
online sessions are ten (10) weeks in duration.

This program may be suitable for you if you are ready to:

- participate in a beginner to intermediate level physical conditioning program; or
- better manage physical status while living with a chronic health diagnosis; or
- reintegrate into the community following medical or rehabilitation intervention; or
- prevent injury by improving physical function

To be considered for the STEP Forward program intake process, you must:

- be at least 18 years of age;
- have a current Alberta Healthcare (AHCIP) number;
- be able to follow three-step instructions;
- be able to participate in a group exercise environment;
- participate in a pre-intake telephone interview;
- walk independently (with or without the use of walking aids);
- ready to attend an 8 or 10 week exercise program during weekdays, twice per week

We are currently offering in-person and online sessions via Zoom.

**For more information or to self-refer, please call the
STEP Forward Intake Line: 780-735-3483**