



CHAMPLAIN STAY ON YOUR FEET PROGRAM®

WHICH EXERCISE PROGRAM IS BEST FOR YOU?

City of Cornwall, Counties of Stormont, Dundas & Glengarry (SDG) and Prescott-Russell (PR)

I have a **HIGH** activity level if I answer **YES** to:

- I have few worries about my balance
- I am able to exercise at least twice a week which include:
 - Getting stronger
 - Improving my balance and flexibility
 - Increasing my endurance activities that increase my heart rate (such as a brisk walk)

Goal: To maintain or improve fitness level

PROGRAMS

Centre de santé communautaire de l'Estrie

- SDG and PR
 - French and/or English Programs
 - In person or virtual programs
- Bourget, Crysler, Alexandria, Embrun, Cornwall, Limoges
- info@cscestrrie.on.ca
 - <https://www.cscestrrie.on.ca/>

Carefor

- Hawkesbury, Robert Hartley Arena
- 613-632-0418
- infoeasterncounties@carefor.ca

Municipal and City Programs and Older Adults Community Centres

- Contact your municipality for details
- www.champlainhealthline.ca
- www.211ontario.ca or dial 2-1-1

I have a **MEDIUM** activity level if I answer **YES** to:

- I am worried about my balance
- I can do all of the following:
 - Stand on one leg for 2 seconds
 - Climb 10 stairs
 - Stand for 20 minutes
 - Walk 1 block without losing my breath or sitting down

Goal: Improve strength and balance, so I can move around more easily

PROGRAMS

Seaway Valley Community Health Centre

- SDG and City of Cornwall
- English Programs
- 1-888-936-0306 ext. 229 www.seawayvalleychc.ca

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I have a **LOW** activity level if I answer **YES** to:

- I am afraid of falling
- I have difficulty with:
 - My balance
 - Getting out of a chair
 - Walking (I may need a walking aid like a cane or a walker)

Goal: To be more mobile, steady and able to be more independent

Talk to your healthcare provider (e.g. your family physician) and complete the Staying Independent Checklist.

PROGRAMS

Seaway Valley Community Health Centre

- SDG and City of Cornwall
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- info@cscestrrie.on.ca
 - <https://www.cscestrrie.on.ca/>

Carefor

- In-home exercise program
- (613) 932-3451 or 1-800-267-1741
- infoeasterncounties@carefor.ca

Home and Community Care Support Services Champlain

- 310-2222 (1 800-538-0520)