

The Four Villages Community Health Centre

FITNESS PROGRAMS



If you are looking for programs that are educational, improve your overall health, help you manage chronic conditions, help you with lifestyle changes and assist you with maintaining your activity – these programs are for you.

We look forward to seeing you in our programs!

Please note:

- Programs are offered at various locations and times throughout the year.
- Some programs may be available infrequently based on demand.
- Some programs are offered off-site.
- Please call the contact person indicated for additional program information.

BACK TO MOVEMENT: This 7 week physiotherapy led exercise program is targeting clients who have chronic low back pain and are not physically active. The goals of the program are to improve function and quality of life, reduce pain and recurrence of low back pain. The program consists of a weekly 1 hour 'yoga' based group exercise program. Ideally participants should be independent with transferring from standing to the floor. For more information contact **Mark at 416-604-6438, Elizabeth at 416-855-1055 or Adilah at 416-855-1060.**

FAMILIES GET TOGETHER: This 8 week program promotes healthy weights and healthy living for parents and children 8-10 years old. The program includes information on nutrition, body image, self-esteem, and physical activity. Each session has a one hour exercise component facilitated by a trained instructor. For more information contact **Krystyna at 416-855-1058.**

G.I.R.L.S (Get Involved Run Laugh Shine): This 8 week physical activity and nutrition program is for girls ages 9 to 12. The program offers a combination of nutrition and hands-on food skills, plus activities such as zumba, basketball and yoga. For more information contact **Camilla at 416-604-6454.**

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HEALTHY BODIES: This 8 week program is for adults ages 25 to 55 who are looking for options beyond crash diets. Activities include fitness and yoga, stress management, menu planning, cooking demonstrations, and nutrition label reading. For more information contact **Cindy at 416-855-1044.**

LIVING BETTER WITH PAIN: This 6 week **physiotherapy led** program aims to improve function through self-management support, pain science education, and individualized goal oriented exercise. This program includes a weekly group appointment, for individual appointments and two follow up sessions at 1 and 3 months, after the completion of the program. Education topics include the science of pain, pain and exercise, stress, sleep and pain, as well as thoughts, emotions and pain. The minimum criteria for a screening appointment include: pain for more than 6 months and the ability to read / write / speak English. For more information contact **Mark at 416-604-6438, Adiilah at 416-604-1060, or Elizabeth at 416-604-1055.**

SENIORS EXERCISE AND FALLS PREVENTION: Increase strength, balance, and flexibility with this exercise program for adults 55+. Options are available to accommodate various levels of mobility and fitness. To register contact **Etobicoke Support Services at 416-243-0127 ext. 233.**

STEP IT UP: This 6 week school-based program allows students to learn Nordic Pole Walking, a fun and effective, low impact, full-body workout for people of all ages, fitness and mobility levels. For more information contact **Camilla at 416-604-6454.**

STRONG AND STEADY: Have you fallen or are you afraid of falling? This 12 program is for adults 65+ who want to learn how to stay safe at home and in the community. Learn easy exercises that promote balance, strength and endurance. For more information, including eligibility criteria, contact **Sam at 416-855-1052.**

WALK THIS WAY: Discover a new way of walking! Nordic Pole Walking is a fun and effective, low impact, full-body workout for people of all ages, fitness and mobility levels! Poles are available to borrow upon request. For more information contact **Junko at 416-604-6453.**

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WEST TORONTO DIABETES EDUCATION - EXERCISE PROGRAM: This exercise program is geared towards those with diabetes or pre-diabetes. The program uses resistance and stretch training to help increase fitness levels, control blood sugar, and improve overall wellness. For more information contact the **West Toronto Diabetes Education Program at 416-252-1928, extension 299.**

YOGA FOR 50+: This program runs for 8 weeks and graduates can participate in a monthly drop-in session. Relax and rejuvenate with gentle yoga catered to your needs and abilities. Options are available to accommodate various levels of mobility and fitness For more information contact **Junko at 416-604-6453.**

YOGA FOR 50+ (REVIEW CLASS): This monthly drop-in class is ONLY for graduates of the 8 week program. Relax and rejuvenate with gentle yoga catered to your needs and abilities. Options are available to accommodate various levels of mobility and fitness For more information contact **Junko at 416-604-6453.**
