



Physical Activity Services at HealthLink BC

Qualified exercise professionals at Physical Activity Services provide information, guidance and support to British Columbians of all ages and abilities to help them be more physically active and lead healthier lifestyles.

Our team of qualified exercise professionals hold undergraduate or graduate degrees in exercise science and certification as Clinical Exercise Physiologists from the [Canadian Society for Exercise Physiology](#) or [American College of Sports Medicine](#). Our team possesses the knowledge and skills to deliver physical activity interventions and healthy lifestyle education to healthy persons and populations with chronic health conditions, functional limitations and/or physical disabilities.

Qualified exercise professionals can support your health and well-being by:

- Answering your questions about physical activity and providing you with information on healthy activity, sedentary behaviour and sleep
- Providing you with personalized physical activity guidance based on your needs, health status and activity level
- Supporting you with identifying and overcoming barriers, action planning and goal setting to help you move more, sit less and sleep better
- Finding appropriate fitness programs, health professionals and/or health services in and around your community
- Providing pre-participation screening for persons needing clearance to participate in individual and/or group fitness programs (e.g., Choose to Move and Osteofit)
- Offering guidance and resources on living active lifestyles for children, youth and families to promote healthy development and optimal well-being

Qualified exercise professionals also collaborate with health and fitness professionals and programs and health care teams to support their clients by:

- Providing evidence-based physical activity and healthy lifestyle information and guidance for health promotion and chronic disease prevention and management
- Supporting lifestyle behaviour change using evidence-informed frameworks and tools, including motivational interviewing and brief action planning
- Providing prehabilitation and rehabilitation resources for preparation and/or recovery from medical procedures (i.e., joint replacement, cancer or bariatric surgeries)
- Identifying appropriate public and/or virtual resources for the betterment of fitness, health and quality of life

Hours of Operation: Monday to Friday 9am - 5pm Pacific Time



Call **8-1-1** (or **7-1-1** for the deaf and hard of hearing) to speak with one of our Qualified Exercise Professionals between 9:00 am and 5:00 pm pacific time, Monday to Friday. Translation services are available in over 130 languages.

Visit the HealthLink BC website for information and resources on physical activity and making healthy lifestyle choices:

www.healthlinkbc.ca/healthy-eating-physical-activity.



Email Physical Activity Services your general physical activity and exercise questions:

www.healthlinkbc.ca/form/email-physical-activity-services.

HealthLink BC

HealthLink BC provides reliable non-emergency health information and advice in British Columbia. Information and advice are available by telephone, on our website and mobile app, and in a collection of print resources. You may call HealthLink BC at **8-1-1** toll free in B.C. For more information visit: www.healthlinkbc.ca.



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