

Exercise Resources

Resources	Information
Smartphone Apps (iOS, Android)	
7M Workout	https://7minuteworkout.jnj.com/ Fast, simple, science-based way to workout anywhere, anytime. Available on the Apple App Store and Android Google Play
Nike Training	www.nike.com/ca/ntc-app Workouts, nutrition advice and expert help available for download at App Store and Google play
Participaction App	www.participaction.com/en-ca/programs/app Fun and evidence-informed tool that empowers you on your physical activity journey no matter where you live, work, or play! Available for iOS and Android
Educational Resources	
Fact Sheet: Physical Activity Guidelines for Adults	www.cdc.gov/physicalactivity/downloads/PA_Fact_Sheet_Adults.pdf
Fact Sheet: Physical Activity Guidelines for Children and Adolescents	www.cdc.gov/physicalactivity/downloads/PA_Fact_Sheet_Children.pdf
Fact Sheet: Physical Activity Guidelines for Older Adults	www.cdc.gov/physicalactivity/downloads/PA_Fact_Sheet_Older_Adults.pdf
Four Types of Exercise Can Improve Your Health and Physical Ability	https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability
Hip Exercises	http://hrccatalog.hrrh.on.ca/InmagicGenie/DocumentFolder/002152_hip%20exercises.pdf
Staying Active: For the Active Older Adult	http://hrccatalog.hrrh.on.ca/InmagicGenie/DocumentFolder/005158_staying%20active%20level%203.pdf

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.