



A program of The Kidney Foundation of Canada

# Active Living For Life

## Online exercise program for kidney patients

**Active Living For Life** is an exercise program designed by experts to help kidney patients like you become more active at home and in your community. The program will be offered online at **NO COST** and supervised by a Kinesiologists or Physiotherapist. It will consist of **two 45-minute exercise sessions a week** and will be offered for the period of **15 weeks**. Each session will include a warm up, strengthening and balance exercises, and a cool down. There will be an educational component at the end of each class. In addition to the supervised exercise sessions, the participants will have a **free access** to our exercise video library to assist in independent workouts.

You are welcomed to **invite a support person** to register and participate in the program with you!

- When**  \* First session runs from **JANUARY 14th, 2025 to MAY 2nd, 2025. Join at any time over 15 wks!**  
Classes are instructed via **Zoom** every **TUESDAY at 3:00 PM & FRIDAY at 10:00 AM (ET)**
- To register**  \* Email us at **activelivingbrampton@gmail.com** with the following information:  
**(1) Full Name (2) Home Address (3) Phone Number (4) Emergency Contact Info**
- To connect**  \* Log into Zoom app on your device or access the Zoom link on the internet browser  
\* To join online you need a reliable internet connection and a device with a working video camera and microphone such as a laptop computer or a tablet. Test your device on Zoom!
- To exercise**  \* You'll need a chair, long elastic band, looped band, dumbbells or food cans/bottles, pillow
- More info**  \* Visit **www.kazmanfoundation.com, ACTIVE LIVING** or email us with your questions!

**About the Active Living For Life Program (ALFL):** The program has been developed by the **Kidney Foundation** with the help from **Sheridan College** and the program supervisor **Monika Dylewski, R.Kin.** It is continued to be generously funded by the **Kazman Foundation for the Charitable Giving.** The *Online* version of this program was launched in response to the COVID-19 pandemic to help you increase the activity level at home and achieve your healthy lifestyle goals. *ALFL Online* utilizes **Zoom for Healthcare** for communication and program delivery. In addition to the two virtual exercise sessions a week you will have an opportunity to complete individual workouts by following previously recorded exercise classes. ALFL will provide you with education and support as well as safe, well-designed and easy to modify exercises that will help to increase your current fitness level from the comfort of your home!  
**Participation in the program is optional;** you can join at any time, attend on both days or just one day a week and opt out at any time.  
**THERE IS NO MEDICAL CLEARANCE REQUIRED FOR THIS PROGRAM. SIGN UP AND TAKE A STEP TOWARDS A BETTER HEALTH!**



Active Living for Life is a program of the **Kidney Foundation of Canada.** We would like to express our sincere thanks to our supporters and partners: **Kazman Foundation, Brampton Civic Hospital and Sheridan College.**

