



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 Registered Kinesiologist. 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 exercise videos on **Embodia App** for 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 9th, 2024 to April 26th, 2024. Join at anytime!**
Classes are instructed via **Zoom** every **TUESDAY at 4:00 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 your **Embodia account** to access the sessions (we'll set the account for you)
* To join online you need a reliable internet connection and a device with 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 founded 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 **Embodia App** and **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 exercise videos on Embodia. 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 THE ONLINE PROGRAM.**



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**.

