

3 Approaches to Improving **YOUR HEALTH!**



Strength Training
Train with hand weights and resistance tubing in a 25-minute class.

Aerobic Exercise
Combination of walking the track and stationary cardio equipment.



Education

Classes and topics designed to give you the tools to make lasting lifestyle changes.



BENEFITS of an **EXERCISE PROGRAM**

- build muscle strength and endurance
- help control your diabetes
- reduce joint discomfort and stiffness
- decrease chances of falls and injury
- decrease the risk of cardiovascular disease
- lower blood pressure
- improve cholesterol levels
- increase flexibility
- maintain or lose weight
- socialize with others
- learn how to exercise safely for yourself and your current situation

SUPERVISED EXERCISE



THE FIRST STEP™
P R O G R A M

*a prevention/rehabilitation
program for people with*

PRE-DIABETES

DIABETES

HIGH BLOOD PRESSURE

ARTHRITIS

OSTEOPOROSIS

INCREASED BODY WEIGHT

ABNORMAL CHOLESTEROL

CHRONIC KIDNEY DISEASE



For more information about
The First Step Program™ or to
receive an application form, call
306-975-3121 or 306-655-6929 or
visit www.saskatoon.ca/firststep

Take the **FIRST STEP** towards **ACTIVE LIVING**

First Step is a partnership between Saskatoon Health Region, Live Well™ Chronic Disease Management Program and the City of Saskatoon Recreation & Community Development Division. The program's aim is to provide a high quality prevention/rehabilitation program to people with health concerns in the Saskatoon Health Region.

Even if you're not familiar with regular exercise, or if your health concerns have discouraged regular exercise, you'll find First Step an important move towards improving your quality of life.

Program Dates & Times

All classes are held at the Saskatoon Field House, 2020 College Drive.

Tuesdays & Thursdays

8:00-11:00 a.m. & 5:00-8:00 p.m.

Saturdays

9:00-11:00 a.m. & 9:00-11:30 a.m.*

Education classes run seasonally, usually on Tuesdays at 10:45 a.m. & 7:15 p.m.

**from November through April*



Did you know?

The First Step Program is proven to provide a decrease in resting blood pressure and show improvements in blood sugar control!

First Step classes are fun and easy to take part in!

- No special equipment is required. Hand weights and resistance tubing is provided.
- Exercise Specialists lead easy to follow 25 minute exercise classes. Exercises are done standing and seated in a chair. No need to get down on the floor if you don't want to.
- Offering a group exercise program that is tailored to match your fitness level and abilities. Everything is modifiable to best suit you!
- Exercise Specialists are present and available to help answer your fitness questions and provide ongoing guidance.
- Help you to monitor your blood pressure and blood sugars.
- The First Step Program runs for a 3 month period to help you learn how to exercise appropriately for yourself.
- You can get started at anytime throughout the year.