



Keeping active during pandemic

A key issue for many people during the current restrictions is staying active when our usual activity outlets are closed. Our colleagues, Amy Latimer & Jenn Tomasone of the Sport & Exercise Research team, have launched a free, telephone-based program to help people with physical disabilities to stay active, entitled **Get in Motion**. The program provides evidence-based activity coaching to people with a variety of different physical disabilities. Coaches are trained volunteers with knowledge of adapted physical activity.

Get in Motion is delivered through phone or video calls, for coaching about: goal-setting, planning & scheduling, overcoming barriers, or finding physical activity resources. [Visit us](#) to learn more.

