



GET THE SUPPORT YOU NEED TO BE ACTIVE AT HOME DURING THE COVID-19 PANDEMIC

Please visit: <https://cdpp.ca/get-involved> for more information

WHAT IS GET IN MOTION?

Get In Motion is free, telephone-based Physical Activity Coaching for Canadian adults with a physical disability such as spinal cord injury, multiple sclerosis, stroke, cerebral palsy, fibromyalgia, rheumatoid arthritis, osteoarthritis, post-polio syndrome, or an amputation.

HOW DOES GET IN MOTION WORK?

Get In Motion provides Canadians with a physical disability an opportunity to speak with a Physical Activity Coach who provides support to start or maintain an at-home physical activity program.

GET IN MOTION FAQs



Coaches are trained volunteers with knowledge of adapted physical activity.



Get in Motion is delivered through phone or video calls.

You can chat about:



- Goal setting
- Planning and scheduling
- Overcoming barriers
- Finding physical activity resources



You can meet as often or as little as you wish. We plan to run until the COVID-19 pandemic is over.

**To sign up, please send an e-mail to CDPPprojects@queensu.ca
or call (613) 533-6000 x 78841 to reach Kingston Revved Up.**

**SIGN
UP NOW!**



THE UNIVERSITY
OF BRITISH COLUMBIA

