



Physical Activity Services – HealthLink BC

HealthLink BC

HealthLink BC provides access to non-emergency health information and advice in British Columbia. Information and advice is available on our website or by calling **8-1-1**. For more information visit: www.healthlinkbc.ca

Physical Activity Services at HealthLink BC

Our qualified exercise professionals offer telephone, email, and web-based physical activity information and professional guidance to residents of British Columbia to help them be more physically active and lead a healthier lifestyle.

Hours of Operation: Monday to Friday 9am - 5pm Pacific Time

Our services include:

- Screening to determine a safe level and type of physical activity.
- Individual physical activity recommendations based on your goals, current fitness level, and health status.
- Support to help you become more physically active, overcome barriers, and stay motivated.



Call **8-1-1** to speak with a qualified exercise professional. Translation services are available in over 130 languages.



Email Physical Activity Services your questions about exercise and physical activity: www.healthlinkbc.ca/email-physical-activity

Visit our website to learn about making physical activity and lifestyle choices: www.healthlinkbc.ca/physical-activity



To refer a client or patient to physical activity services, call **8-1-1** or complete our fax referral form: www.healthlinkbc.ca/physical-activity-fax-referral



Specialized Programs and Services

Pediatric Physical Activity Services

Provides safe exercise recommendations for pre- and post-pregnancy, and physical activity information, advice, and guidance for children and youth in British Columbia. Occasional and ongoing services are available.

Eating and Activity Program for Kids

A program specifically designed to help children, teens, and their families reach healthy weights and improve their overall health and quality of life. To learn more about the program or to request a referral form, call **8-1-1** or visit: www.healthlinkbc.ca/healthy-eating/healthy-weight/kids-program

Bariatric and Metabolic Services

For clients living with metabolic or weight related conditions. Specialists with extensive training and experience in lifestyle counselling and complex-care case management, provide education, counselling, and therapy for clients considering bariatric surgeries.

Physical Activity Services for Cancer

For clients diagnosed with cancer, during and after cancer treatments. Our qualified exercise professionals with cancer-specific training provide information on exercising safely and using physical activity to reduce and manage side effects of treatment. Individualized physical activity plans can be created to help maintain and increase fitness. Ongoing support is available.



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