

STROKE SPECIFIC EXERCISE PROGRAMS

Are you a stroke survivor? Did you know that exercising after a stroke can support recovery, help prevent another stroke and improve physical and emotional health?



Participation in moderate exercise 4-7 days each week is recommended to achieve health benefits.

You should aim to achieve a total of at least 150 minutes of moderate to vigorous activity per week, in bouts of 10 minutes or more. This should be in addition to your regular daily activities.

Stroke Specific Exercise Programs are designed to meet the individual needs of stroke survivors and are available in Belleville, Trenton, Kingston, Brockville and Perth.

For more information, please contact:

Hastings Prince Edward	VON Hastings Northumberland Prince Edward	Trenton Belleville	613-392-4181 Ext. 5350
Kingston, Frontenac, Lennox & Addington	VON Greater Kingston	Kingston Napanee	613-634-0130 Ext. 3414
Lanark, Leeds & Grenville	Senior Support Services Community & Primary Health Care	Brockville Smiths Falls	613-342-3693 Ext. 2303

