

# Health Care Provider Guide to Free or Low-Cost Adult Physical Activity Programs & Resources in Hastings & Prince Edward (HPE) Region

## Primary Prevention

### HPE Public Health

<http://hpepublichealth.ca/healthy-living/physical-activity-sedentary-behaviour>  
Telephone: 613-966-5500

### HPE Public Health:

- [Healthy Life Line](#): ext. 610, Call returned by public health professional
- Pedometer & urban poles lending program

### Community Support Services Agencies:

**Community Care for Central Hastings**  
<http://www.ccch.ca/>  
Telephone: 613-473-9009 or 1-800-554-1564  
**Prince Edward County Community Care for Seniors:**  
<https://www.communitycareforseniors.org/>  
Telephone: 613-476-7493  
**VON Canada- Hastings Northumberland Prince Edward**  
<http://www.von.ca/en/site/kingston>  
Telephone: 613-392-4181

### Community Care for Central Hastings:

- Health & Wellness [Friendly Active Living](#) includes exercise

### Prince Edward County Community Care for Seniors:

- [Services for Seniors](#) (includes Walking Program & Tai Chi)

### VON Canada-Hastings Northumberland Prince Edward:

- [Seniors Maintaining Active Roles Together SMART Exercise Programs](#) (locations in Trenton & Coe Hill)

### Primary Care Organizations

**Belleville Quinte West CHC:**  
<https://www.bqwchc.com/>  
Telephone: 613-962-0000 ext. 200 (Bellville) & 613-965-0698 ext. 100 (Trenton)  
**Prince Edward FHT:** <http://www.pefht.ca/>  
Telephone: 613-476-0400

### Belleville Quinte West CHCs:

- [Physical Activity Group Programs](#) (includes Seated Exercise, Indoor Walking at Centennial Secondary School, and Urban Poling)

### Prince Edward FHT:

- [Easy Moving Program](#) led by dietitian with certified personal training (Picton & Wellington Clinics)  
Telephone: 613-399-1281 ext. 5

### Mohawks of the Bay of Quinte (MBQ)

<http://www.m bq-tmt.org/>  
Telephone: 613-396-3424

### MBQ Community and Well Being:

- [Tyendinaga Fitness Resource Centre](#)  
Telephone: 613-962-2822

## Secondary Prevention

### General Chronic Conditions Exercise Programs

#### Community Support Services Agencies:

- **Community Care for Central Hastings:** [Friendly Active Living](#), ext. 4 -see Primary Prevention
- VON Canada: [SMART Exercise Programs](#)-see Primary Prevention

#### Primary Care Organizations:

- **Belleville Quinte West CHC:** See Primary Prevention
  - **Gateway CHC:** <https://www.gatewaychc.org/> 613-478-211 (Pole Walking Program)
  - **Prince Edward FHT:** See Primary Prevention
- Quinte Sports and Wellness Centre- [Cardiac, Diabetes, Stroke, COPD, Arthritis Therapeutic Programs](#):** Telephone: 613-967-3200 ext.3266  
**YMCA: [Post Rehab Maintenance Program, Fitness for Breath Program](#)**  
• Telephone: 613-966-9622 (Belleville) 613-394-9622 (Trenton)

### Stroke Community Exercise Program

<https://www.strokenetworkseo.ca/community-supports>

#### VON Canada Stroke Recovery Fitness Program:

Telephone: 1-888-279-4866 ext. 5350  
[YMCA - Belleville Branch](#) [YMCA - Quinte West Branch](#)

### Diabetes Exercise Program

**Mohawks of the Bay of Quinte Diabetes Education Program:** offers physical activity

<http://www.m bq-tmt.org/administration-and-services/community-wellbeing/diabetes-education-program>  
Telephone: 613-967-3603 ext. 108

### Cardiac Rehabilitation

**Prince Edward Ambulatory Cardiac Health (PEACH Program)** (Picton Clinic beside Prince Edward County Hospital)

**Physician Referral is required:** Available at Primary Care Provider  
<http://www.pefht.ca/cardiac-rehab-program-peach-c7.php>  
Telephone: 613-476-2181 ext. 4711

## Physical Activity Resources

Canadian Society for Exercise Physiology  
[Canadian Physical Activity Guidelines](#)

Public Health Agency of Canada  
[Physical Activity Guide Best Practices Portal: Physical Activity](#)

[Exercise is Medicine Canada](#)

Physical Activity Resource Centre:  
[Physical Activity Promotion for Older Adults](#)

CAPE (Canadian Association of Physicians for the Environment): [Active Travel Toolkit](#)

[Finding Balance Ontario for Older Adults](#)

**For feedback on this Guide:**  
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**For more information visit:**  
<https://www.southeasthealthline.ca/>