Health Care Provider Guide to Free or Low-Cost Adult Physical Activity Programs & Resources 
In Kingston, Frontenac, Lennox & Addington (KFL&A) Region

Primary Prevention

Kingston Gets Active
https://kingstongetsactive.ca/
Telephone: 613-533-6000 ext 79178

KFL&A Public Health
Telephone: 613-549-1232

Community Support Services Agencies
L&A Seniors Outreach Services:
http://www.sfsc.ca/
Telephone: 613-548-7810
Southern Frontenac Community Services:
http://www.sfcsc.ca/
Telephone: 613-376-6477
VON Canada-Greater Kingston Site:
http://www.von.ca/en/site/kingston
Telephone: 613-634-0130

L&A Seniors Outreach Services (5SPlus):
• Fitness programs (including Tai Chi, Yoga & Nordic Pole Walking)
Seniors Association Kingston Region:
• Get Active (Current Programs)
Southern Frontenac Community Services:
• Social and Recreation Services: Grace Centre in Sydenham (including VON SMART Exercise Program)
VON Canada-Greater Kingston Site:
• Seniors Maintaining Active Roles Together (SMART) Group Exercise Program (ext. 3414; many KFL&A locations)

Secondary Prevention

General Chronic Conditions Exercise Programs
Community Support Services Agencies:
• VON Canada: SMART Exercise Program—see Primary Prevention
Primary Care Organizations:
• Kingston CHCs: Boys and Girls Club, Bath Rd., Kingston:
http://www.khec.ca/ Telephone: 613-542-2949
• Loyalist FHT: See Primary Prevention
• Sharbot Lake FHT: See Primary Prevention
YMCA: \( Y's \) Hearts Cardiac Maintenance Program, Chronic Conditions Program; Healthy Lungs, and Cancer Care Exercise Program
Telephone: 613-546-2647 ext. 244

Developmental and Mobility Impairments’ Exercise Program
Revved Up: Kingston’s Assisted Exercise Program
Queen's University, satellites at Kingston YMCA & Providence Care Hospital/Telephone: 613-533-6000 ext. 79283

Diabetes Exercise Program
Maple FHT: Maple Diabetes Prevention and Education Centre (Includes Walking Group, YMCA Group Exercise)
Telephone: 613-531-6086

Stroke Community Exercise Program
https://www.strokeontario.ca/community-supports
VON Canada Greater Kingston Stroke Recovery Fitness Program:
Chris Christ Church Cataraqui, Kingston
Telephone: 613-634-0130 ext. 3414

Cardiac Rehabilitation
KHC: Hotel Dieu Hospital Site
**Physician Referral is required: Referral Form
http://www.hoteldieub.com/programs-and-departments/cardiac-rehabilitation-centre
Telephone: 613-544-3400 ext. 3123
Lennox and Addington County General Hospital
**Physician Referral is required: Referral Form
http://web.lacg.hosp.napanee.ca/cardiorehabilitation
Telephone: 613-354-3301

For feedback on this Guide: PAmapfeedback@kflaph.ca
For more information visit:
https://www.southeasthealthline.ca/

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