

# 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

### Kingston Gets Active

Find Places to Get Active: [Interactive map of active places in KFL&A region](#)

- [Coordinator Contact](#)

### KFL&A Public Health

<https://www.kflaph.ca/en/healthy-living/Physical-Activity.aspx>  
Telephone: 613-549-1232

### KFL&A Public Health:

- [Getting Help](#)
  - [Walk On](#) (Indoor Walking program, ext. 1180)

### Community Support Services Agencies

**L&A Seniors Outreach Services:**  
<http://lasos.ca/>  
Telephone: 613-354-6668

**Seniors Association Kingston Region:**  
<https://seniorskingston.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 (55Plus):

- [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)

### Primary Care Organizations

**Kingston CHCs:** <http://www.kchc.ca/>  
Telephone: 613-542-2949

**Loyalist FHT:** <http://www.loyalistfht.com/>  
Telephone: 613-507-0213

**Sharbot Lake FHT:**  
<http://www.sharbotlakefht.com/>  
Telephone: 613-279-2100

### Kingston CHCs:

- Kingston [Active Living Programs](#) (includes Tai Chi and Chair Yoga)
- Napanee [Keep Well Exercise Group](#)

### Loyalist FHT:

- [Exercise Classes](#) with Occupational Therapist (OT)

### Sharbot Lake FHT:

- [Healthy Lifestyle Programs](#) (includes Seniors Fitness led by OT, Walking Group, Yoga)

## 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.kchc.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

#### [Reved 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.strokenetworkseo.ca/community-supports>

**VON Canada [Greater Kingston Stroke Recovery Fitness Program:](#)**  
Christ Church Catarauqui, Kingston  
Telephone: 613-634-0130 ext. 3414

### Cardiac Rehabilitation

#### KHSC- Hotel Dieu Hospital Site

\*\*Physician Referral is required: [Referral Form](#)

<http://www.hoteldieu.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.lacgh.napanee.on.ca/cardiacrehabilitation>

Telephone: 613-354-3301

## 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:**

[PAmapfeedback@kflaph.ca](mailto:PAmapfeedback@kflaph.ca)

**For more information visit:**

<https://www.southeasthealthline.ca/>