

Criteria to Participate:

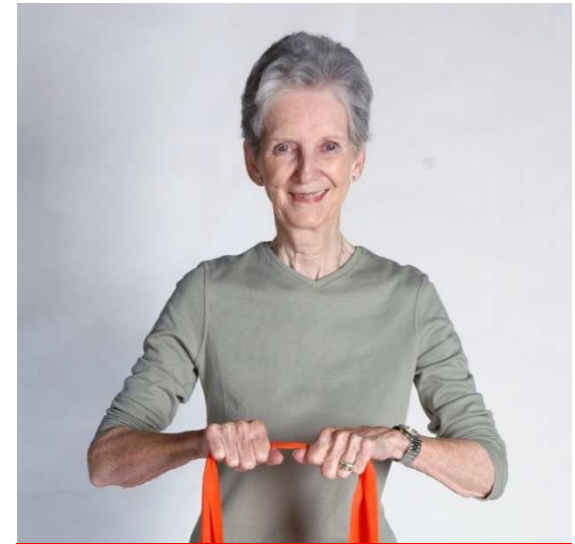
- 50 years of age and older
- Able to transfer to a chair independently (if unable must be accompanied by caregiver to assist during class)
- May use a mobility aid such as a walker, cane, wheelchair, or scooter
- Able to follow directions through verbal or physical gestures with or without the help of a caregiver
- Able to tolerate light to moderate levels of physical activity
- NOT able to safely participate in a community class due to physical and/or cognitive concerns
- Must have transportation to and from the class
- Must commit to a minimum of 1 session per week for 6 weeks

How can I get more information?

Contact Osteofit at **604- 875-2555** or visit the Osteofit website at www.bcwomens.ca and search for *Osteofit*

Transportation:

HandyDART can provide transportation through a “standing booking”. They can be reached @ (604) 575-6600.



Get Up & Go!

Exercise Class



It's never too late to become more active!

Physical activity can prevent and even manage many common health issues. In addition, physical activity can increase the ease of performing your everyday activities and make significant improvements in your overall quality of life.



What is *Get Up & Go!*

Get Up & Go! is a version of BC Women's Osteofit program. It offers an appropriate entry level exercise program for seniors with balance and mobility impairments who would otherwise be unable to attend a community based exercise class.

Get Up & Go! is a safe exercise program specifically designed to improve strength, balance, and coordination, as well as functional ability, independence, and quality of life.

Who Created *Get Up & Go!*

The program was developed in a collaboration between Fraser Health Falls and Injury Prevention and BC Women's Osteofit program.

Osteofit is an exercise program developed by clinicians at BC Women's Hospital & Health Centre's Osteoporosis Program. It is medically endorsed and based on published research.



What is the Duration of the *Get Up & Go!* Program?

The program is offered 1-2 times per week for a minimum of 6 weeks.

From Previous *Get Up & Go!* Participants:

- **88%** improved their balance scores
- **77%** reported feeling more confident in their abilities
- **70%** reported an improvement in performing daily activities