

# Group Program Outline – Physical Activity Essentials

## Physical Activity Essentials

At the end of the session, participant will have reviewed:

Explore our beliefs about exercise

- Difference between exercise and activity
- 24 hour Movement Guidelines for Adults

Benefits of physical activity and exercise

Guidelines for physical activity

- Aerobic exercise
- Resistance exercise

How to be active, even with a chronic condition

Helpful strategies

Where to start or continue your journey