

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)

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

Primary Care Organizations

Belleville Quinte West CHC:

<https://www.bqwhc.com/>

Telephone: 613-962-0000 ext. 200 (Belleville) & 613-965-0698 ext. 100 (Trenton)

Prince Edward FHT: <http://www.pefht.ca/>

Telephone: 613-476-0400

Mohawks of the Bay of Quinte (MBQ)

<http://www.mbg-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.mbg-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:

PAmappfeedback@kflaph.ca

For more information visit:

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