

GET UP & GO! CLASS REFERRAL

(Name of client)

(Telephone No)

(Date)

has been referred to the **Get Up & Go!** class. This is an **exercise program** for those looking **to increase activity and reduce risk of falling**. Please see reverse for location and class information, and check off preferred site. **Please note this is NOT a free program**. For safety reasons, **registration and [health screening](#) are required** before starting class.

Registration: is done through the Community Centre. Please see over for location information.

Health Screening: Clients must complete the screening questions below (based on the [CSEP Get Active Questionnaire](#)) You may need to provide these forms to the Community Centre.

Check if you have:*

- | | |
|--|---|
| <input type="checkbox"/> Heart disease, stroke, chest pain | <input type="checkbox"/> Fainting/loss of consciousness |
| <input type="checkbox"/> High Blood Pressure >160/90 at rest | <input type="checkbox"/> Concussion |
| <input type="checkbox"/> Dizzy/ lightheaded with activity | <input type="checkbox"/> Pain or other limiting condition |
| <input type="checkbox"/> Shortness of breath at rest | <input type="checkbox"/> Been advised not to exercise |

***Refer to the [CSEP Reference Document](#) for any 'yes' answers.** If you have questions or concerns about starting a new exercise program, you can contact your doctor or call Healthlink BC at **8-1-1** and speak to a Qualified Exercise Professional.

Client Declaration (please check **one** of the three boxes): **I have answered**

- No to all** medical conditions above, **OR**
- Yes to one or more** conditions **but** I have consulted a health professional or qualified exercise professional (8-1-1) who has recommended that I become more active, **OR**
- Yes to one or more** conditions but I am comfortable starting exercise **without** consulting a health care professional or qualified exercise professional (8-1-1)

Client Signature: _____

Date: _____

Emergency contact: _____

Telephone No: _____

Health Professionals: Please ensure client is safe to do moderate intensity exercise **and** meets criteria for participation below. Please **provide [health screening tool](#) and [reference document](#)** as needed. If medical clearance required, **refer to 8-1-1 or physician**.

Safe to exercise OR **Recommend further screening-** referred to **8-1-1** or **physician**

(Referring professional- Print Name)

(Profession)

(Date)

(Phone)

****Criteria for participation:** 50+ Able to tolerate light to moderate activity Able to transfer independently[‡] Able to follow directions independently[‡] Able to get to/from class Willing to commit to session (minimum 1x/wk for 6wks)

[‡] Must be accompanied by caregiver if unable to transfer/ follow directions independently.

2022 GET UP & GO! PROGRAM LOCATIONS AND INFORMATION

City and Location	Phone and Fax no	2022 Program Days/Times
<input type="checkbox"/> Abbotsford- Abbotsford Recreation Ctr 2499 McMillan Road	Phone: 604-853-4221 Fax: 604-854-2326	Apr 6- May 11, May 18-Jun 22 Wed 1:45pm – 2:30pm
Burnaby - Bonsor, 6550 Bonsor Avenue	Phone: 604-297-4597 Fax: 604-297-4583	Apr 12 – Jun 16 Tue/Thurs 2:00pm -3:00pm
Burnaby - Confederation, 4585 Albert Street	Phone: 604-294-1936 Fax: 604-299-3161	Apr 1 – Jun 24 Fri 11:30 am- 12:30 pm, 12:45- 1:45 pm
<input type="checkbox"/> Burnaby – JCD Fitness Studio, 6187 Pearl Ave	Phone: 604-833-2067 Bring this form to 1 st class and email to jenny2fitness@hotmail.com	Jan 26 – March 25 12:00pm – 1:00pm
Chilliwack - YMCA 45844 Hocking Ave	Phone: 604-792-3371 Fax:	Please check with centre
<input type="checkbox"/> Coquitlam - Glen Pine Pavilion, 1200 Glen Pine Court	Phone: 604-927-6940 Fax: 604- 927-6578	Please check with centre
<input type="checkbox"/> Coquitlam - Dogwood Pavilion, 1655 Winslow Avenue	Phone: 604-927-6098 Fax: 604-933-6113 *Referral not required	Mar 29-May 12, May 17-Jun 30 Tue/Thurs 12:45-1:45 pm
<input type="checkbox"/> Delta - Kennedy Seniors Centre, 11760 88 Ave, Delta	Phone: 604-594-2717 Fax:	TBD
<input type="checkbox"/> Delta - McKee Seniors Centre, 5155 47th Avenue	Phone: 604-946-1411 Bring this form to 1 st class	Apr 26-May 31, Apr 21-May 26 Tues/Thurs 1:00-2:00
<input type="checkbox"/> Hope- Hope & District Recreation Ctr 1005 6 Ave, Hope	Phone: 604-869-2304	TBD
<input type="checkbox"/> Langley - Timms Community 20399 Douglas Crescent	Phone: 604-514-2940 Fax: 604-530-8596	Please check with centre
<input type="checkbox"/> Langley Senior Resources Society 20605 51b Avenue	Phone: 604-530-3020 *Referral not required	Please check with centre
<input type="checkbox"/> Langley - W.C Blair Recreation Centre 22200 Fraser Hwy, Langley City	Phone: 604-533-6170 Fax: 604-533-6178	Please check with centre
<input type="checkbox"/> Maple Ridge - Maple Ridge Leisure Centre, 11925 Haney Pl.	Phone: 604-467-7322 Bring this form to 1 st class	Apr 4-28, May 2-26 & July 6-27 Mon/Thurs 1:30pm-2:15pm
<input type="checkbox"/> Mission- Lifetime Learning Centre, 32444 Seventh Avenue *Referral not required	Phone: 604-820-0220 *Mail or email health screening form to lifetimelearningcentre@telus.net	Ongoing virtual sessions; Tues/Thurs 9:30-10:30 am
<input type="checkbox"/> New Westminster - Century House, 620 Eighth Street	Phone: 604-519-1066 E: rgrewal@newwestcity.ca	Apr 19 – June 23 Tues/Thurs 11:00am-12:00pm
<input type="checkbox"/> Port Coquitlam - Wilson Centre, 2150 Wilson Avenue	Phone: 604-927-7529 *Referral not required	Please check with centre
<input type="checkbox"/> Port Moody - Pt Moody Rec Centre 3000 Ioco Road	Phone: 604-469-4556	Please check with centre
<input type="checkbox"/> White Rock– Centre for Active Living 1475 Anderson Street	Phone: 604-541-2199 Fax: 604-541-6390	Starts April 13 Wed/Fri 2:00pm-3:00pm
<input type="checkbox"/> White Rock-White Rock Community Ctr 15154 Russell Avenue	Phone: 604-541-2199 Email referral to: recreation@whiterockcity.ca	Please check with centre

Call or visit the location to register in the next available Get Up & Go! program

Use this reference document if you answered **YES** to any question and you have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

1 Have you experienced ANY of the following (A to F) within the past six months?	
<p>A A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?</p> <p><input type="checkbox"/> YES</p>	<p>Physical activity is likely to be beneficial. If you have been treated for heart disease but have not completed a cardiac rehabilitation program within the past 6 months, consult a doctor – a supervised cardiac rehabilitation program is strongly recommended. If you are resuming physical activity after more than 6 months of inactivity, begin slowly with light- to moderate-intensity physical activity. If you have pain/discomfort/pressure in your chest and it is new for you, talk to a doctor. Describe the symptom and what activities bring it on.</p>
<p>B A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?</p> <p><input type="checkbox"/> YES</p>	<p>Physical activity is likely to be beneficial if you have been diagnosed and treated for high blood pressure (BP). If you are unsure of your resting BP, consult a health care provider or a Qualified Exercise Professional (QEP) to have it measured. If you are taking BP medication and your BP is under good control, regular physical activity is recommended as it may help to lower your BP. Your doctor should be aware of your physical activity level so your medication needs can be monitored. If your BP is 160/90 or higher, you should receive medical clearance and consult a QEP about safe and appropriate physical activity.</p>
<p>C Dizziness or lightheadedness during physical activity</p> <p><input type="checkbox"/> YES</p>	<p>There are several possible reasons for feeling this way and many are not worrisome. Before becoming more active, consult a health care provider to identify reasons and minimize risk. Until then, refrain from increasing the intensity of your physical activity.</p>
<p>D Shortness of breath at rest</p> <p><input type="checkbox"/> YES</p>	<p>If you have asthma and this is relieved with medication, light to moderate physical activity is safe. If your shortness of breath is not relieved with medication, consult a doctor.</p>
<p>E Loss of consciousness/fainting for any reason</p> <p><input type="checkbox"/> YES</p>	<p>Before becoming more active, consult a doctor to identify reasons and minimize risk. Once you are medically cleared, consult a Qualified Exercise Professional (QEP) about types of physical activity suitable for your condition.</p>
<p>F Concussion</p> <p><input type="checkbox"/> YES</p>	<p>A concussion is an injury to the brain that requires time to recover. Increasing physical activity while still experiencing symptoms may worsen your symptoms, lengthen your recovery, and increase your risk for another concussion. A health care provider will let you know when you can start becoming more physically active, and a Qualified Exercise Professional (QEP) can help get you started.</p>

After reading the **ADVICE** for your **YES** response, go to **Page 2** of the **Get Active Questionnaire – ASSESS YOUR CURRENT PHYSICAL ACTIVITY**

Use this reference document if you answered **YES** to any question and you have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

YES

If this swelling or pain is new, consult a health care provider. Otherwise, keep joints healthy and reduce pain by moving your joints slowly and gently through the entire pain-free range of motion. If you have hip, knee or ankle pain, choose low-impact activities such as swimming or cycling. As the pain subsides, gradually resume your normal physical activities starting at a level lower than before the flare-up. Consult a Qualified Exercise Professional (QEP) in follow-up to help you become more active and prevent or minimize future pain.

3 Has a health care provider told you that you should avoid or modify certain types of physical activity?

YES

Listen to the advice of your health care provider. A Qualified Exercise Professional (QEP) will ask you about any considerations and provide specific advice for physical activity that is safe and that takes your lifestyle and health care provider's advice into account.

4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

YES

Some people may worry if they have a medical or physical condition that physical activity might be unsafe. In fact, regular physical activity can help to manage and improve many conditions. Physical activity can also reduce the risk of complications. A Qualified Exercise Professional (QEP) can help with specific advice for physical activity that is safe and that takes your medical history and lifestyle into account.

After reading the ADVICE for your YES response, go to Page 2 of the *Get Active Questionnaire – ASSESS YOUR CURRENT PHYSICAL ACTIVITY*

WANT ADDITIONAL INFORMATION ON BECOMING MORE PHYSICALLY ACTIVE?

▶ csep.ca/certifications

CSEP Certified members can help you with your physical activity goals.

▶ csep.ca/guidelines

Canadian 24-Hour Movement Guidelines for all ages.