Options for Exercise

Home Exercise Program:

- Go for walks: get good shoes and outer wear
- Be active with family and friends
- Bike or walk on a treadmill
- Resistance training: bands and/or light weights
- Use your Home Exercise booklet provided for options of exercise
- Use the gym facilities at a local community center or sign up for a gym membership

Langley Recreation Centre Options (Check your local centre for availability):

- Gentle Yoga
- TIME (Together in Movement & Exercise)
- ActivAge
- Balance for life
- Fit for Life Seniors
- Get up & Go
- Weight Training Introduction
- Therapeutic Yoga
- Chair Yoga
- Senior Yoga
- Learn to Yoga
- And many more!

Langley Senior Resource Society (For Adults 50+, please check website for most up to date offerings)

- Seated Movement and Cardio Health
- Adaptive Chair Yoga
- Adaptive Mat Yoga
- Gentle Yoga for Movement and Balance
- Fitness Circuit
- Zumba Gold

Please note that this is just a list of some offerings in the community and are not associated with Fraser Health or the Langley Primary Care Network. Fees may be applicable, and we encourage you to find the most suitable option for you.