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
- Online workout videos and resources such as choosetomove.ca

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

- Bootcamp
- Cycle and Sculpt
- Step and Sculpt
- Cardio and Sculpt
- Pilates
- Fit for Life
- Yoga Dynamic
- Zumba
- Strength and Stretch
- Total Body Conditioning
- Functional Fitness
- 15-15-15
- Body Pump
- Body Sculpt
- Bolly-X
- Circl Mobility
- Coreplus Bands
- Fitness Therapy
- Fitness Therapy-TRX
- MenoFit
- Warrior Combat
- And many more!!!

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.