



WHAT IS FAME?

The Fitness and Mobility Exercise (FAME) is an evidence-based group program, typically delivered by our trained instructor for up to five participants, developed for people living with stroke and other neurological conditions (e.g., multiple sclerosis, Parkinson’s disease) to support recovery and long-term management. FAME has been shown to improve mobility, cardiovascular fitness, balance, cognitive function and muscle strength, and reduce falls. It uses principles of high repetitions and moderate intensity to drive neuroplasticity and improve function. FAME is offered in local community centres twice a week and led by trained exercise professionals with the knowledge and skills to supervise exercise sessions for people living with neurological conditions. Family, friends and caregivers are invited to attend to help assist with the program.

FAME is appropriate for people who are:

- Able to stand for 5 minutes on their own
- Able to walk 10 meters on their own with or without assistive devices (e.g., cane or walker)
- Able to sit down and stand up on your own
- Medically stable (e.g., does not exhibit uncontrolled hypertension, angina or seizures)
- Able to follow instructions and communicate with the instructor

Note: This FAME program is part of a research program conducted by researchers at the University of British Columbia. Registrants may be contacted by the research team to discuss interest in potential participation in an optional research study. You do not have to participate in the research study to participate in the FAME program.

BEFORE YOU BEGIN

1. Register online or through our front desk:

79688 Mondays & Fridays May 4 to July 27* 10:00am-11:00am \$230.64

2. Have an assessment done with the fitness department prior to starting the class. Please contact us at 250-830-6736 after registering to book an assessment.

*No class May 18



**STRATHCONA GARDENS
RECREATION COMPLEX**

