



Physical Activity Services at HealthLink BC

Physical Activity Services at HealthLink BC supports the health and well-being of residents in British Columbia. We provide information, advice and guidance to help people of all ages and abilities be more physically active and lead healthier lifestyles. You do not need a referral from a health care provider to access our services.

Our team of Qualified Exercise Professionals are available to provide information, education and counselling support, whether individuals have a physical activity question or need help managing a health condition.

When speaking with our Qualified Exercise Professionals, they will:

- Review your health history and current health status to determine a safe level of physical activity
- Provide health education and information, as needed
- Help address barriers, determine priorities and set goals
- Provide safe and effective physical activity recommendations based on your needs

Staff also have focused experience and training in supporting provincial cancer and bariatric surgery programs and clients living with one or more chronic health conditions like diabetes and heart disease. For individuals planning to have surgery, staff also provide support and education to help with recovery.

Additionally, our Qualified Exercise Professionals work with children, youth and families to support behaviour changes that promote healthy growth, optimal wellbeing and quality of life, including families participating in the [HealthLink BC Eating and Activity Program for Kids](#).

Hours of Operation: Monday to Friday 9am - 5pm Pacific Time



Call **8-1-1** (or **7-1-1** for the deaf and hard of hearing) to speak with one of our Qualified Exercise Professionals between 9:00 am and 5:00 pm pacific time, Monday to Friday. Translation services are available in over 130 languages.

Visit Physical Activity Services to learn about physical activity and how to make healthy lifestyle choices through our online resources:
www.healthlinkbc.ca/healthy-eating-physical-activity.



Email Physical Activity Services your general physical activity and exercise questions:
www.healthlinkbc.ca/form/email-physical-activity-services.

HealthLink BC

HealthLink BC provides reliable non-emergency health information and advice in British Columbia. Information and advice is available on our website or by calling **8-1-1**. For more information, visit: www.healthlinkbc.ca.



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