

To join a **VIACTIVE** group

Consult the interactive map at the following link to know more about groups near you :

www.santelaurentides.gouv.qc.ca

- Santé publique (Public Health)
 - Prévention et promotion de la santé (Health prevention and promotion)
 - Health promotion for seniors

Antoine-Labelle

819 623-1228, ext. 56479

Argenteuil

450 562-3761, ext. 72125

Deux-Montagnes / Mirabel Sud

450 491-1233, ext. 48258

Des Laurentides / Pays-d'en-Haut

819 324-4000, ext. 33873

Rivière-du-Nord / Mirabel Nord

450 432-2777, ext. 26427

Deux-Montagnes / Mirabel Sud

450 491-1233, ext. 48258

Thérèse-De Blainville

450 433-2777, ext. 64093



Source : Bigstock

For more information or to lead a group, contact a VIACTIVE counsellor (kinesiologist) in your area.

**Programme Viactive
Direction de la santé publique**

Centre intégré
de santé
et de services sociaux
des Laurentides

Québec 

www.santelaurentides.gouv.qc.ca

Do you like to move? Get active with a group in the Laurentians!



VIACTIVE Laurentides takes various forms:

- 30 to 60 minute exercise classes open to everyone;
- Exercise classes include warm-up, aerobics and muscle development, balance, stretching and relaxation;
- Sitting and standing exercise routines with music, with or without the use of accessories;
- Designed by professionals;
- Led by trained volunteers supported by kinesiologists.

Information for participants

Québec 

VIACTIVE gives you access to:

- A qualified resource person;
- A variety of safe activities;
- A support network.

The VIACTIVE program has existed since the late 1980's to meet the needs of clubs de l'Âge d'or to get seniors moving during gatherings. To that end, Kino-Québec created exercise kits including CDs, photobooks and personalised training for enthusiasts. These are designed for seniors aged 50 and over at various fitness levels who wish to move. VIACTIVE exercise classes are available in several seniors' groups in the Laurentians.

About the program

One feature of the VIACTIVE program is access to **free** or very affordable exercise classes. VIACTIVE exercise groups are led by conscientious and qualified volunteers or instructors.



Source : Bigstock

Responsabilities of volunteer instructors

- Commit to lead exercise classes using the kits;
- Undergo basic training;
- Practise exercises and routines;
- Prepare the classes: place, day(s), time(s);
- Publicise the classes;
- Provide the classes (welcome, room set-up, leading the classes);
- Lay out the safety guidelines.



Source : Bigstock

The VIACTIVE network in the Laurentians comprises:

- Over one hundred trained instructors;
- Over sixty active groups;
- VIACTIVE counsellors (kinesiologists) for every sector of the Laurentians.