

## Physician Referral:

Patient Name: \_\_\_\_\_

Based on health status review, I recommend:

- No physical activity or only a MD-supervised exercise program until further medical clearance

Or one of the following programs instructed by a certified Kinesiologist:

- Active rehabilitation program for MVA or other soft tissue injuries
- Progressive individualized exercise programs:
- Postural, core stability
  - Back & neck pain
  - Metabolic syndrome, cardiac condition & diabetes
  - Obesity & weight management
  - Osteoporosis & osteoarthritis
  - Fibromyalgia & pain management
  - Pre-natal & post-partum

Special Considerations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Physician Signature: \_\_\_\_\_

Physician Name: \_\_\_\_\_

Date: \_\_\_\_\_

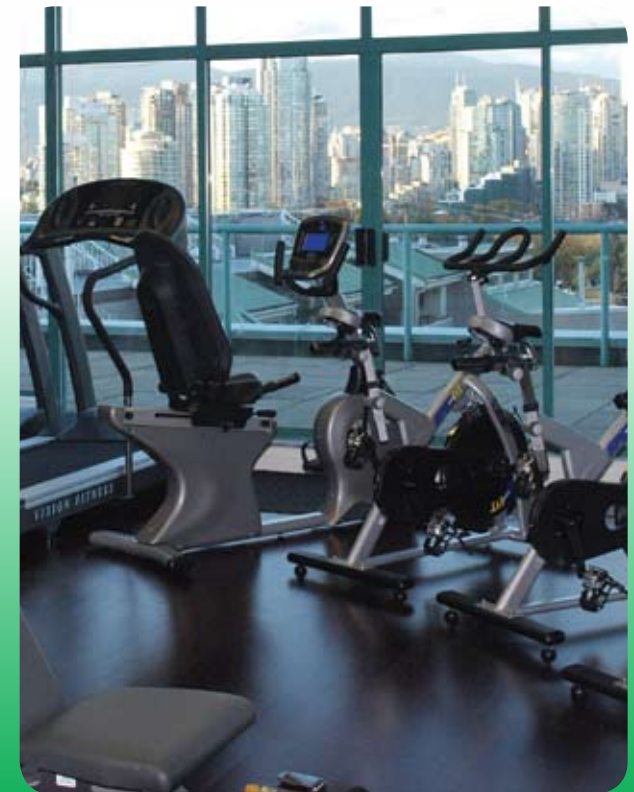
Physician/Clinic Stamp:



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**Hours of operation  
7am-7pm Monday to Friday  
Saturdays by appointment.**



*Kinesiology  
Services*

## What is Kinesiology?

Kinesiology is the science of human movement and its effect on the muscles, bones, nerves and physiological make-up of the body.

A Kinesiologist is an important member of the medical team who prescribes structured exercise to manage the following:

- Injury prevention & rehabilitation
- Disease prevention & rehabilitation
- General health & wellness

## Why Exercise?

More than 50% of Canadians are physically inactive even though research shows that physical inactivity can lead to premature death, chronic disease and disability.

## Why KinActive?

In a public healthcare system where structured exercise is a non-insured service, there is a desperate need for affordable and safe exercise programs.

KinActive's unique approach of semi-private exercise classes allows costs to be kept to a minimum. The interaction of patients with similar conditions maximizes motivation and commitment.

### KinActive's exercise programs are:

- Developed & instructed by a certified Kinesiologist
- Specific to your medical condition & needs
- Safe & include heart rate & blood pressure monitoring
- Dynamic & positively reinforcing to keep you active for years

### KinActive's mission:

Empowering patients to embrace an active lifestyle, optimizing health benefits and functional capacity.

## KinActive's Services

### KinActive provides exercise programs for the following physician-referred medical conditions:

- Active rehabilitation – motor vehicle accidents & other soft tissue injuries
- Postural & core stability
- Back & neck pain
- Metabolic syndrome, cardiac conditions & diabetes
- Obesity & weight management
- Osteoporosis & osteoarthritis
- Fibromyalgia & pain management
- Pre-natal & post-partum

### KinActive also offers corporate physical activity, fitness and lifestyle assessments and exercise packages.

### Each exercise program consists of:

- 1) An initial assessment including a medical, physical activity and work history, and the following fitness and health testing:
  - Body composition & postural assessment
  - Blood pressure, heart rate & blood glucose
  - Aerobic fitness
  - Muscular fitness, including flexibility, core stability & functional strength
- 2) One-on-one orientation session(s) reviewing the initial assessment, setting health-related goals, and familiarizing patients with fitness equipment.
- 3) Kinesiologist-instructed semi-private exercise classes with heart rate, blood pressure and glucose monitoring. Classes for each medical condition are offered multiple times per week.
- 4) Progress assessments and physician reports.
- 5) Tailored product packages allowing patients to perform the exercises safely and effectively at home and after graduating from the program.

## KinActive's History:

KinActive was founded by certified Kinesiologist Greg van Popering. After completing a Bachelor of Commerce in Sports Management with honours in Exercise Science and Biokinetics, Greg pursued a Biokinetics internship through the University of Johannesburg in South Africa. He then spent several years in the sport medicine field in the U.K. and South Africa.

After moving to Vancouver, Greg became certified as a Kinesiologist by the British Columbia Association of Kinesiology (BCAK), and as an Exercise Physiologist, by the Canadian Society of Exercise Physiology (CSEP CEP).

Greg designed and instructed specialized small group exercise classes for various medical conditions, ICBC active rehabilitation and core stability workshops at an established Vancouver physiotherapy clinic before opening KinActive.



*I am excited to introduce to you KinActive, a Kinesiology practice offering a unique set of services promoting*  
**Movement For Life.**