

WHERE CAN I GO TO GET ACTIVE IN KINGSTON?

FREE

YMCA Wheelchair Basketball

100 Wright Crescent - (613) 546-2647

Lake Ontario Park

920 King St West.

Ongwanada Sensory Garden

191 Portsmouth Ave.- (613) 548-4417

Ongwanada Community Garden

114 Wright Crescent

(613) 548-4417 ext. 2223

LOW COST

H'art School of Smiles Dance

237 Wellington Street - (613) 545-1392

YMCA of Kingston

100 Wright Crescent- (613) 546-2647

Revved Up

SKHS Building, 28 Division Street

Queen's University

Contact: revvedup@queensu.ca

Ongwanada Hydrotherapy Pool

191 Portsmouth Ave- (613) 548-4417

St. Mary's of the Lake Community Pool

340 Union Street

(613) 548-7222 ext. 2296

Sledge Hockey (Catarauqui Arena)

1030 Sunnyside Road (613) 386-5627

Queen's University Athletics & Recreation

69 Union Street, (613) 533-2500

City of Kingston Music In Motion Dance

& City of Kingston PRO Abilities Adapted

Aquatic Lessons

Beechgrove Complex, 51 Heakes Lane

(613) 546-4291 ext. 1700

City of Kingston Leisure Connections

Beechgrove Complex, 51 Heakes Lane

(613) 546-7998 ext. 1706

REACH Active Living Program

263 Weller Ave.- (613)767-8591

Special Olympics Kingston Email:

coordinator@specialolympicskingston.com

YOUTH SPECIFIC

YMCA: Y-Knot Abilities Program

YMCA: Let's Swim

YMCA: Y Penguins Aquatic Club

100 Wright Crescent- (613) 546-2647

City of Kingston Music In Motion Dance

Beechgrove Complex, 51 Heakes Lane

(613) 546-4291 ext. 1700

*To find more opportunities for
accessible recreation in Kingston
visit :*

kingstongetsactive.ca



*Your Guide To Physical
Activity and Accessible
Recreation In Kingston*

HOW MUCH IS ENOUGH?

For important fitness benefits, adults with a spinal cord injury should engage in at least **20 minutes** of *moderate to vigorous intensity* aerobic activity two times a week, along with strength training exercises two times per week. (Canadian Physical Activity Guidelines for Adults with Spinal Cord Injury).

To achieve important fitness benefits, adults aged 18-64 years with multiple sclerosis who have mild to moderate disability need at least **30 minutes** of *moderate intensity aerobic* activity, 2 times per week and strength training exercises for major muscle group, 2 times per week. (Canadian Physical Activity Guidelines for Adults with Multiple Sclerosis).



“Revved Up has afforded me the opportunity to work out in an environment that is adapted to my needs as a paraplegic and a wheelchair user with Spina Bifida” - Trish.

HOW CAN I BECOME ACTIVE ?

- Take time to write your fitness goals for EVERY DAY. Setting these goals will help increase your intentions of getting active on a day to day basis.
- To add an additional activity component to your daily walk, try walking with weights. If you don't own weights, carry two full water bottles or a bag with heavier household items in it.
- Alternate between different muscle groups or parts of your body.
- Begin your workout with moments of light activity (such as running on the spot, arm swinging and shoulder rolls, or skipping) followed by light stretching (such as lunges, or pulling your arm across your body).
- Know your limit! Exercise within it!
- If you use a wheelchair or a seated mobility device, consider investing in a resistance band. A resistance band is simple to use and is very effective in building strength and stamina. A resistance band can be attached to furniture or your wheelchair to mimic certain exercises!

- Ensure proper posture throughout your exercise program or activity. Proper posture assures you are working your core muscles and working your body to its max!
- Participating in local programming may offer a support system of people who can exercise with you.
- Access your resources! Speak to your doctor, specialist, or physiotherapist about recommended exercises or programming.

WHAT ARE THE BENEFITS?

Meeting these guidelines may also reduce fatigue, improve mobility and enhance elements of health related to quality of life. Social connectedness, positive self-concept and psychological well-being are all positive outcomes of being physically active in your community.