



Get in Motion

An  Initiative.

Get in Motion is a nation-wide physical activity counseling service for Canadians with spinal cord injury. This FREE service is designed to provide the participant with the information, and support, they may need to meet personal physical activity goals or just a little motivation to get started with a physically active lifestyle.

As part of this free, on the phone, physical activity counseling service, participants will receive: a free physical activity toolkit - that includes two therabands and information on physical activity for people with spinal cord injury; assistance with locating qualified fitness specialists within their community; an invitation to participate in an ongoing study on the effectiveness of this service; and much more!

Whether they are considering becoming physically active, have just begun a physical activity program, or have been engaging in physical activity for a while, participants will benefit from this service, as physical activity counseling sessions are created to meet their specific needs.

Topics of discussion may include, but are not limited to:

- Safety and benefits of physical activity for people with spinal cord injury
- Overcoming barriers to physical activity
- Locating accessible physical activities in your community
- Goal setting

To participate or receive more information from a physical activity counselor, please call our voicemail line at **1-866-678-1966**, or email motion@mcmaster.ca, or visit www.sciactioncanada.ca

Please Note: Get in Motion physical activity counselors cannot, and will not, give medical advice or specific exercise prescriptions.



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