

# Guidelines for Community Based Exercise Programs for **STROKE.**

## Did you know?

- Most people with stroke who live in the community can achieve improvements in their health by participating in well designed exercise programs.
- When developing an exercise program that meets the needs of stroke survivors there are many different components to consider.
- In addition to daily activities, moderate levels of physical activity 4-7 days a week for a total of 30-60 minutes per day is recommended.



In partnership with health care professionals and community partners, the Ontario Stroke System developed guidelines for community exercise providers designing and delivering safe and effective exercise programs to meet the needs of people with stroke in a variety of community settings.

### These guidelines

- are congruent with current best practice recommendations and research findings;
- identify considerations specific to the needs of stroke survivors yet are flexible enough to accommodate participants with a range of abilities or health conditions;
- are applicable to programs exclusive to stroke survivors as well as other more mainstream programs adjusted to meet the needs of participants living with stroke;
- contain detailed rationale for each guideline as well as resources, tools and references useful for exercise program providers and health care professionals designing such programs.

You can find the Guidelines online at [www.ontariostrokenetwork.ca](http://www.ontariostrokenetwork.ca).