

BENEFITS OF TRAINING AT THE VALCARTIER SPORTS CENTRE

Team of kinesiologists specialized
in rehabilitation

Semi-private group training:
training adapted to each client's
based on physical condition,
limitations/pains

Numerous facilities available:
land and water-based courses
with a variety of equipment

Competitive prices



STAY ACTIVE! PROGRAM

Offered by
**Community Recreation
Department
Base Valcartier**

Scan the QR code
for more information
on our offer.



418-844-5000, ext 5226 – opt 2



Service des loisirs communautaires
de la Base Valcartier



www.cfmws.ca/valcartier

Sports Centre

Base Valcartier, Building 516
C.P. 1000, Succ. Forces, Courcellette, QC G0A 4Z0





Benefits of participating in the Stay Active! Program

- Maintain/improve your physical health
- Better control of chronic diseases (diabetes, cholesterol, blood pressure)
- Optimize your daily movements according to your condition (injury prevention)
- Pain reduction/management
- Prevent the risk of falls and age-related physical deconditioning
- Break isolation and rub shoulders with others in a similar situation
- Mental health: reduced stress, improved sleep, improved mood, reduced risk of depression

For who?

This program offers courses suitable for both civilians as well as veterans living with or without pain and/or limitations.



Description of the program

This program has been designed by rehabilitation kinesiologists.

This is a great opportunity to be supervised by a health professional, who uses physical activity for performance, rehabilitation and prevention. With his/her knowledge in movement optimization, as well as acute and chronic pain, the kinesiologist will be able to provide a personalized approach to your needs, in a semi-private group setting.



Courses Description

Our land and water-based courses will give you a wider range of resources in terms of pain management or simply maintaining physical fitness on a daily basis. Several components of physical activity will be addressed in the various courses, such as:

- Cardiovascular and muscular training
- Coordination, balance and proprioception
- Mobility, flexibility and posture
- Stability and strengthening of the deep and superficial musculature of the trunk