

SENIORS LIVING

Helping seniors access safe and effective therapeutic exercise

As we age it is easy to place physical and mental restrictions on ourselves for the sake of erring on the side of caution. While it is important to listen to our body and know our limits, age is truly a mindset and with the right education and support system, seniors can have the confidence to continue living the lifestyle they want.

Maintaining independence at home is a goal shared by both seniors and their loved ones. To achieve this goal seniors must establish and evaluate the everyday risks they face. Risk assessment and preventative action provides seniors with the confidence to continue living independently, and their loved ones with peace of mind. The combination of therapeutic exer-

cise and expert consultation can help seniors attain the fitness level necessary to maintain their independence while staying healthy.

Providing seniors with this confidence is an important investment, and you should make sure that any professional you consult is accountable for the services they provide. Kinesiologists are regulated health professionals in Ontario who are who competent in gait analysis, designing and implementing programs to prevent falls and injury, improve body strength, and enhance balance and movement.

The College of Kinesiologists regulates the profession in Ontario and ensures the delivery of competent, safe and ethical services. Working with

a registered kinesiologist gives you peace of mind knowing they are highly trained, and accountable for their consultation and work.

Only members of the College are permitted to use the title kinesiologist.

The College exists to protect the public by setting strict requirements to enter the profession, developing standards of practice and a code of ethics, and requiring kinesiologists to participate in continuing professional development. If you are concerned about the services received, you can contact the College and they will investigate.

You can see if a kinesiologist is registered by using the Public Register found at www.coko.ca.



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Contact Patricia Kelly (Owner/Administrator) at 519-833-1033
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