

# Post Stroke Community Based Exercise

Eight recommendations supported by tools and resources for the provision of safe and effective exercise programs to individuals living with the effects of a stroke:

1. Medical Clearance
2. Screening by Exercise Provider
3. Class Structure & Supervision
4. Exercise Program Principles
5. Program Evaluation
6. Exercise Providers
7. Facilities
8. Emergency Plan & Equipment



Photo: TIME™ Program, Abilities Centre, Whitby, ON

Participation in moderate exercise 4-7 days/week is recommended.

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**F**ACE is it drooping?  
**A**RM**S** can you raise both?  
**S**PEECH is it slurred or jumbled?  
**T**IME to call 9-1-1 right away.

ACT **F****A****S****T** BECAUSE THE QUICKER YOU ACT,  
THE MORE OF THE PERSON YOU SAVE.

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Call **911** or your local emergency number

Visit the Ontario Stroke Network website at [www.ontariostrokenetwork.ca](http://www.ontariostrokenetwork.ca) and type *Community Exercise Guidelines* in the search box to access:

- **A Guide to Choosing an Exercise Program**  
An information brochure for people living with the effects of stroke which includes a checklist to determine if the exercise program is right for you
- **Post Stroke Community Based Exercise Guidelines**  
Guidelines for exercise providers that include links to supporting tools and resources for providers in the community and other settings



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