

Physical Fitness Videos



The Montreal Public Health Unit, in collaboration with its partners Move 50+ (Sercovie) and the Department of Geriatrics (CHUM), launched “Le GO pour bouger!” on May 12, 2020.

In order to help keep active until the next session, we suggest that you visit *Le GO pour bouger!* program promoted by the Quebec government. Most of this information is bilingual and some may be only in french.

This program consists of five colour units representing five exercise programs which are adapted to various level of physical fitness.

How to choose which exercise program meets your needs?

Consult the descriptions to determine your abilities. If you have health issues, it is always recommended that you consult your doctor or medical professional before beginning any exercise program.

Here is the link for the exercise : <https://santemontreal.qc.ca/en/public/advice-and-prevention/physical-activity-for-seniors/#c38842>

Additional exercise programs are offered in French. We encourage you to visit the French site as well.

Questionnaire : <http://move50plus.ca/questionnaire/>

Sans limite orange : <http://move50plus.ca/cours-sans-limite/>

Vitalité rouge : <http://move50plus.ca/cours-vitalite/>

En douceur mauve : <http://move50plus.ca/cours-en-douceur/>

Posture et stabilité vert : <http://move50plus.ca/cours-posture-et-stabilite/>

Sur chaise bleu : <http://move50plus.ca/cours-sur-chaise/>

If you need help with the website, contact us by phone at 514 684 1012 ext.209 or by email at ddoclub55@gmail.com