Looking for ways to stay active at home?

Join us at Revved Up @ Home!
Adapted Online Exercise Prescription and Programming

What is Revved Up @ Home?

Revved Up @ Home is an online adapted exercise program for persons living with a disability. This online program will provide online personalized exercise coaching. If you are looking to stay active from home and work with student volunteers to help you with completing a home-based exercise program, then Revved Up @ Home is for you!

Online 1:1 Exercise

Like our in-gym offering of Revved Up, participants will work with student volunteer exercise coaches. All sessions will be delivered remotely, using video call technology such as Zoom.

Sessions are 50 minutes in length, twice a week. Sessions are held with morning, afternoon, and evening availability to suit your schedule. Options include:

- Monday & Wednesday
- Tuesday & Thursday
- Wednesday & Friday

What Will You Need?

- Computer, laptop, or tablet with working webcam and microphone
- High-speed internet
- Household items to use as equipment, such as:
  - Weights, canned goods, textbooks, or water bottles
  - Dowels, broom handles
  - Towels, belts, or elastic bands
  - By signing up for Revved Up @ Home, a TheraBand will be mailed to you for use during 1:1 sessions

How to Sign Up?

- Contact Revved Up @ Home by telephone at 613-533-6000 ext. 79283 or by email at revvedup@queensu.ca
- You will be sent intake paperwork, and consent & waiver forms. Next, you will book an online assessment with our Revved Up @ Home Coordinator, and a personalized exercise program will be designed for you!
Revved Up @ Home
Adapted Online Exercise Prescription and Programming

What are my options?

- Whether you chose to exercise on your own, or work with student coaches, we have options for you.

Option 1: Assessment + Updated Program

- Complete an online assessment and health screen
- Have an at-home exercise program created for you and sent to you
- No 1:1 coaching
- Cost: $45

Option 2: Revved Up @ Home Program: Complete Package

- Complete an online assessment and health screen
- Creation of at-home exercise program
- TheraBand will be mailed after enrollment
- Re-assessment and updates to home program as needed
- 10 weeks of 1:1 personalized exercise coaching
- Cost: $45 for 10 weeks, prorated amount available*

*For Participants who are new to Revved Up, a 1-time fee of $45 will be required to complete the initial intake and assessment + $45 to participate in the Revved Up @ Home Program.

If you have any questions about Revved Up @ Home, please reach out by phone (613-533-6000 ext. 79283) or email (revvedup@queensu.ca).