

*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!

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## 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).***