

Join Us at Revved Up @ Home!

Adapted Online Exercise Prescription & Coaching

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 a combination of both online personalized exercise coaching AND online group exercise classes. 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 session will be delivered remotely, using a video call technology such as Zoom.

Sessions are 40 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

Online Group Exercise

As a bonus to 1:1 training, participants can also participate in online Group Exercise Classes!

- Delivered by our student volunteers
- 30 minutes in length for a quick but effective workout
- Access to an online library of class recordings for you to use at any time
- A range of class types to suit your interests, including: **Balance, Strength, Chair Fitness & Flexibility**

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 to 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!

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

Levels of Participation	What's Included	Cost
Assessment + Updated Program	New Participants will complete an online assessment and health screen + the creation of a home program	\$45*
Revved Up @ Home Program: Complete Package	Updated intake paperwork. Adjustment of current Revved Up Program to reflect the home environment. Theraband will be mailed after enrollment. Re-Assessment and updates to home program as needed. 10-weeks of 1:1 personalized exercise coaching + access to Group Exercise Classes (both live and recordings)	\$45 for 10-weeks, prorated amount available.
Revved Up @ Home: Group Exercise Only	Access to live group-based exercise class offered 5 days a week. Video recordings of classes available to watch when it is convenient for you	\$10/month

***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**