

Get the Support You Need to Be Active at Home During the COVID-19 Pandemic



What is Get In Motion?

Get In Motion is free, telephone-based Physical Activity Coaching for Canadian adults with a physical and/or an intellectual disability.

How does Get In Motion work?

Get In Motion provides Canadians with a physical and/or intellectual disability an opportunity to speak with a Physical Activity Coach who provides support to start or maintain an at-home physical activity program.

Who are the Coaches?

Coaches are trained *volunteers* and program staff with background in motivating individuals with a physical and/or intellectual disability to lead active healthy lifestyles. While coaches are knowledgeable about physical activity, coaches cannot provide a specific exercise training program.

Who can enrol in Get In Motion?

Get in Motion is available to adults living in Canada who have a physical disability and/or intellectual and have access to a phone or computer (for video or audio calls).

What do I talk about with the Physical Activity Coach?

Get In Motion is meant to suit your needs. For example, some participants might want to speak to a Coach just once, about how to do strength-training at home, without specialized equipment. Some participants might want regular phone contact with a Coach in order to receive ongoing physical activity support for:

- Physical activity goal setting,
- Planning and scheduling physical activity,
- Developing plans to overcome physical activity related barriers
- Finding physical activity resources

How often am I in touch with my Physical Activity Coach?

It is up to you. Most participants have contact with their Coach once per week at the start and then once every-other week as they settle into their physical activity routine.

How long can I be part of Get in Motion?

As long as we have the staff and volunteers to support the program, we plan to run until the COVID-19 pandemic is over. We will provide you plenty of notice to let you know when Get In Motion will be wrapping up.

How do I connect with my Physical Activity Coach?

It is up to you. Our Coaches are available by phone or through online platforms such as ZOOM or Skype.

How do I sign-up for Get In Motion?

- Please visit: <https://cdpp.ca/get-involved>; or
- Scan the QR code; or
- Send an e-mail to getinmotion@sohealthyathome.ca; or
- Call (613)533-6000 x 79283
 - The phone number is for Kingston Revved Up. This is the correct number. Please leave your name and contact information.



We are getting our volunteers in place. It might take us up to 5 days to follow-up and connect you with a Coach.

Who is sponsoring Get In Motion?

Get In Motion is being run by the Canadian Disability Participation Project (CDPP; www.cdpp.ca). The CDPP is a team of researchers and community partners dedicated to promoting full and effective participation in physical activity for Canadians with a disability. Researchers leading Get In Motion are from Queen's University <https://skhs.queensu.ca/research/research-centres-and-labs-l-to-z/revved-up/> and the University of British Columbia – Okanagan: <https://sciactioncanada.ok.ubc.ca>. This initiative also is being supported by researchers from the University of Toronto. <https://kpe.utoronto.ca/academics-researchresearch-units-labs-centresmental-health-physical-activity-research-centre-mparc>

Is Get In Motion a new service?

Get In Motion was a service offered from 2008-2013 for Canadians with spinal cord injury and 2014-2016 for adults with other types of disability. The service was suspended in 2016 due to a lack of funding. *We are rebooting Get In Motion to support Canadians with a disability during the COVID-19 crisis.*

Does Get In Motion work?

Yes! Get In Motion uses research evidence and best practices for motivating persons with a disability to engage in physical activity. Get In Motion has been evaluated and has been shown to help participants stay motivated to be active and increase their physical activity levels.

Will my personal information be shared?

Your personal information will be used by the Physical Activity Coaches. It is possible that the researchers supporting Get In Motion will use some general information about your participation (e.g., number of calls you receive) to improve similar services in the future. This information will be anonymous. It will be kept separately from your name or contact information. Your information will not be given to anyone outside of the Get In Motion team.