To learn more about Child Health & Exercise Medicine please visit our website:
www.fhs.mcmaster.ca/chemp

For more information, please contact:
905-521-2100
ext. 77967

Please fax all referrals to:
Attention: Exercise Medicine Clinic
905-385-5033
**WHAT IS THE NEW EXERCISE MEDICINE CLINIC?**

A new clinic designed to assess and help improve the physical fitness and function of children with significant medical conditions.

**WHY DO WE HAVE AN EXERCISE MEDICINE CLINIC?**

Research tells us that regular exercise can have therapeutic benefits for many chronic medical conditions. Many children with significant medical conditions have major deficits in their physical activity and physical fitness, which negatively impact their quality of life. The Exercise Medicine Clinic helps children and their families use exercise to improve fitness and function so they can do the things they want to do.

**WHAT SHOULD I EXPECT AT THE EXERCISE MEDICINE CLINIC?**

- A **physician** will complete a brief background history and general physical examination.
- You will then complete a standardized assessment of fitness conducted by an **Exercise Physiologist**.
- The results of the test are analyzed.
- A personalized plan is developed with a **Kinesiologist** to help you make gains in the areas where deficits are found.
- Follow-up testing and appointments are arranged as necessary to document progress and to identify other areas to work on.
- A brief report is sent back to your specialist about the results of the testing.

**WHAT SHOULD I BRING TO MY APPOINTMENT AT THE EXERCISE MEDICINE CLINIC?**

Your exercise test may be done on a stationary bicycle or treadmill. You should bring exercise clothes, such as a comfortable pair of shoes, t-shirt, and shorts.

**WHO WILL CONTACT ME ABOUT MY APPOINTMENT?**

Once we receive the referral from your referring doctor, the Exercise Medicine clinic staff will contact you to schedule your appointment.