

HealthyNS



Physical Activity Counselling

What is it?

Discover how physical activity can improve your health and manage chronic conditions! Physical activity counselling empowers you to make long-lasting improvements to your physical activity levels.

Where: By zoom or phone

Cost: Free!

How to access: To book an appointment online, [click here](#) or go to **HealthyNS.ca** .

To book by phone, call **1-855-444-5557** (toll free)

How does it work?

Meet one-on-one with a Kinesiologist and together, you will create a personalized plan that helps you meet your goals.

Who is Eligible?

This service is available to all Nova Scotians over age 18 with a Nova Scotia Health card, including those living with chronic conditions.

Questions? Email us at:
healthyns@nshealth.ca

