



ACTIVATE!

An **Interdisciplinary Program** designed to reduce treatment duration and improve outcomes for individuals with mental health conditions.



Research

Research shows that structured exercise and behavioural reactivation programs can:

- Significantly reduce symptoms of depression, anxiety, and stress
- Boost physical stamina and cognitive function
- Improve sleep, self-esteem, and overall sense of well-being



Activate! Program

Our Kinesiologists have received specialized training in delivering tailored physical activity and behavioural activation programs for individuals struggling with mental health symptoms. Our Activate! Kinesiologists work collaboratively with/under the direction of the treating mental health professionals.



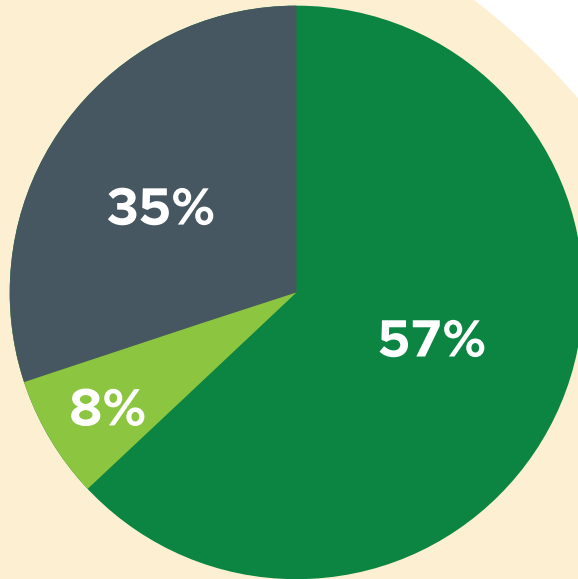
Key Features

- **Interdisciplinary Support:** An additional point of contact for increased support and accountability
- **Behavioural Activation & Physical Functioning:** A structured focus for enhanced outcomes
- **Individualized:** One-on-one exercise/reactivation sessions (in-person or videoconferencing)
- **Customized:** Tailored to clients' individual needs and function level
- **Educational:** Education and skills building on the following topics:
 - Pacing
 - Functional Goal Setting
 - Tension Reduction
 - Relaxation Strategies
 - Principles of Exercise
 - Nutrition
 - Sleep Hygiene
 - Posture and Body Mechanics
 - Establishment of Routine and Daily Structure

Referrals: 604-424-9515 | referrals@backinmotion.com | referrals@securemail.backinmotion.com
Learn more: backinmotionhealth.com/organization/activate

Program Outcomes

Traditional 1-1 Psychological Intervention

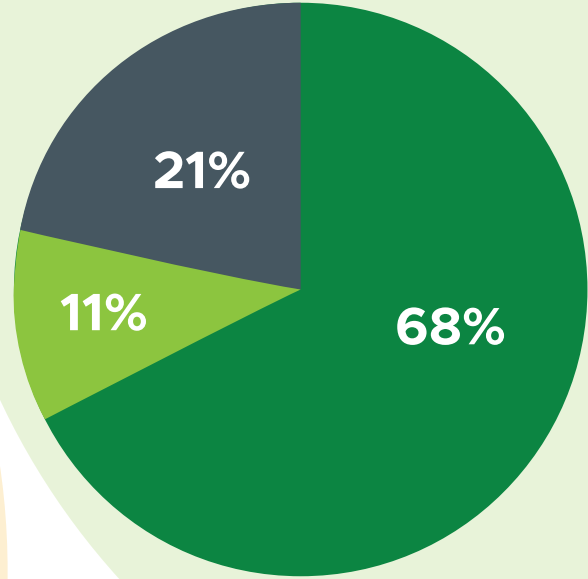


● RTW Ready

● RTW Ready with Limitations

● Not RTW Ready

Activate! (Traditional 1-1 Psychological Intervention + Kinesiology)



Note: Data collected from January 2021 to April 2023.

Fee Schedule

- Assessment and Report (includes communication with stakeholders) – \$225.00*
- Additional Reports (includes communication with stakeholders) — \$120/report*
- Kinesiology Sessions (60 minutes) — \$86.10/session*

*tax included

Referral of Clients

Mental Health Practitioners and Rehabilitation Consultants can refer clients to Activate! Program.

T: 604.424.9515 (Select #1)

E: referrals@backinmotion.com | referrals@securemail.backinmotion.com