

Physical Exercise Specialist (PES) Program

The purpose of the PES program is to provide Physical Fitness Reconditioning services to CF personnel with medical conditions, functional limitations and/or disabilities. Participation in the PES program may include a fitness assessment, a training program, exercise supervision, Healthy Lifestyle Education and progress reports. Training programs may include one-on-one sessions, group sessions, prescribed self-led sessions, or a combination of all.

Enrolment is done using medical clearance from the health care team (Medical Officers, Physiotherapists, and JPSU/IPSC/RAF). The PES program may be part of the Return to Work program, be in conjunction with training through the JPSU and RAF, or it could be to assist in removal from a medical category.

As well, the Physical Exercise Specialist performs assessments, prescribes conditioning exercise, as well as exercise supervision, counselling and healthy lifestyle education in apparently healthy individuals with minor medical conditions, functional limitations or disabilities not affecting duties. These members enrol directly through PSP and are not currently on medical restrictions.

For any questions regarding the program, please contact your PSP Fitness Staff.