

# Persistent Pain Self-Management

## Exercise Resources

### Power over Pain Portal



Poweroverpain.ca

Power Over Pain is a direct response to Health Canada's [Action Plan for Pain in Canada](#). It is an online platform and the goal is to provide access to free resources in a **one-stop shop**. Resources include articles, videos, podcasts, courses, workshops, and peer support. You can create a free account that allows you to keep track of your progress and learning.

Click on “Resources” under the “Information Hub” tab at the top of the main page. Click on “Movement” on the left-hand side of the page to filter to movement-based resources.

#### **Recommended Movement resources**

- Physical Activity by Pain U Online
- Pacing Physical Activity by Pain U Online
- Living Engaged and Actively with Pain
- Gentle Movement at Home
- Simple Stretches

## **Local Resources**

### **YMCA-YWCA of Winnipeg**

[Home | YMCA Canada](#)

The YMCA-YWCA offers a Member Access Program available to people whose financial situation limits their ability to participate in the Y's programs.

#### **Branch contact numbers:**

**Downtown:** 204.947.3044

**Elmwood-Kildonan:** 204.668.8140

**South:** 204.233.3476

**West Portage:** 204.889.8052

### **Winnipeg Leisure Guide programs**

<http://www.winnipeg.ca/cms/recreation/leisure/leisureguide.stm>

The City of Winnipeg produces two seasonal guides offering recreational opportunities for citizens. They also offer a Recreation Services Fee Subsidy Program for those with financial difficulties. ([Recreation Fee Assistance Program | City of Winnipeg](#))

Phone: 311

### **Winnipeg in Motion**

[Winnipeg in motion](#)

This site will provide you with tips and tools to add more physical activity to your day. It includes activity guidelines for various ages and local resources for where and how you can be more active (community centers, fitness facilities, cycling routes, walking groups, parks and trails).

### **General Council of Winnipeg Community Centers**

<http://www.gcwcc.mb.ca/>

Here you will find an extensive list of programs offered at various community centers throughout Winnipeg

## **Online Exercise Videos**

### **ParticipACTION**

[ParticipACTION - Home - ParticipACTION](#)

ParticipACTION has partnered with the [YMCA](#) on a series of fun, motivating and expert-led exercise videos to help people living in Canada to get moving! At 20 minutes or less, these workouts can fit into your busy day. Modifications and a variety of movement options mean you can join in, no matter your age or ability.

### **Well4U**

This is the movement component of the Well4U Program (listed above) created by the Winnipeg Regional Health Authority and contains a series of exercise videos focusing on different components of exercise such as cardiovascular exercise, balance training, yoga, and strengthening.

[Movement | Well4U | Health Management Group Program Guide | Winnipeg Regional Health Authority \(wrha.mb.ca\)](#)

### **LEAP Services**

[\(394\) LEAP Service - YouTube](#)

LEAP stands for "Living Engaged and Actively with Pain." It is a team of Occupational Therapists and Physiotherapists in the Brain and Spinal Cord Rehab Program at Toronto Rehab, University Health Network who share some self-management resources with the world. If you have pain, mobility issues, or simply wish to explore being kinder to yourself through gentle movement and relaxation, then this is a great channel to help get you moving with safe gentle exercise videos.

## **Chelsea Pain Clinic**

### [\(8\) Chelsea Pain Clinic - YouTube](#)

This is the link to the Chelsea and Westminster Hospital NHS Foundation Trust Pain Management Therapy Service YouTube channel.

On this channel you will find pain education videos that covering a wide variety of topics related to pain management. You will also find many exercise videos that include various types of exercise, including yoga, Tai Chi, strengthening, and relaxation.

## **Active Aging in Manitoba**

### [Active Aging in Manitoba | Inspiring Active Lifestyles \(activeagingmb.ca\)](#)

Active Aging in Manitoba (AAIM) is a not-for-profit organization, dedicated to the promotion of active aging opportunities for all older Manitobans to enhance their health, mobility and continuing participation in their community. AAIM promotes and provides programs and services that encourage older Manitoban participation through peer volunteer leadership development, awareness and education on healthy active aging topics. The site includes links to a variety of aerobic, strengthening and yoga/stretching exercise videos. ([Exercise Videos | Active Aging in Manitoba \(activeagingmb.ca\)](#))