

What is a CSEP Clinical Exercise Physiologist™ (CSEP-CEP)?

A CSEP-CEP is a uniquely qualified exercise professional who works with individuals of all ages and from diverse populations, to help them achieve their healthy lifestyle, performance, and occupational goals. Their practice includes providing tailored exercise guidance to manage a chronic disease, recover from a major ailment or injury, and to meet Canadian Physical Activity Guidelines.

A CSEP-CEP performs fitness assessments, prescribes conditioning exercise, and provides exercise supervision, coaching and healthy lifestyle education. CSEP-CEPs are certified and professionally insured to work with all ages and populations, including healthy individuals, and those with chronic conditions, functional limitations, or physical disabilities.



2,000

CSEP-CEPs in Canada

Qualifications

- CSEP-CEP's have graduated from a recognized university program in Clinical Exercise Physiology, Kinesiology, Human Kinetics, or Exercise Sciences.
- CSEP-CEP's have undergone the most rigorous certification process in Canada, including both a National theory and practical exam.
- CSEP-CEPs work in private practice, as part of a primary healthcare team, and in rehabilitation, fitness and community centres.



Who does CSEP-CEP's services benefit:

Employers & Insurers

- Absenteeism is reduced
- Enhanced employee benefits - their employer cares about their physical and mental wellbeing!
- Productivity is enhanced — a more engaged employee
- Physical activity and health reduce prescription drug utilization costs and dependence

The Public

- Professional and safe exercise guidance
- Qualified motivational counselling to guide adherence to a physical activity plan
- Improved fitness, body composition, immune health, and mental health indicators
- Reduced risk of coronary heart disease, stroke, hypertension, type 2 diabetes, osteoporosis, some cancers



If 10% of Canadians moved more



INCREASE IN
HEALTH-RELATED
QUALITY OF LIFE



REDUCTION IN
CHRONIC DISEASE AND
PREMATURE MORTALITY



\$7.5
BILLION

CUMULATIVE
INCREASE IN GDP
BY 2040



\$2.6
BILLION

REDUCTION IN
HEALTH CARE
SPENDING BY 2040



CONTACT/CALL TO ACTION

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The CSEP Clinical Exercise Physiologist

an integral partner
to improving the health
of Canadians

