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.



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 precription drug utilization costs and dependance

The Public

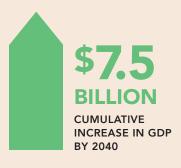
- Professional and safe exercise guidance
- Qualified motivational counselling to guide adherance to a physical activity plan
- Improved fitness, body composition, immune health, and mental health indicators
- Reduced risk of coronary heart disease, stroke, hypertension, type 2 diabetes, osteoporosis,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

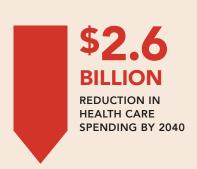


If 10% of Canadians moved more













CONTACT/CALL TO ACTION

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The CSEP Clinical Exercise Physiologist

an integral partner to improving the health of Canadians







