

online education event

Exercise as Medicine

for your mitochondrial health



Exercise is Good for Mito Patients

Exercise is good for almost everyone, even mito patients. Aerobic and resistance training improve strength and endurance. They can also improve quality of life for mito patients.

Strengthen Your Mitochondrial Health

Exercise as Medicine for Your Mitochondrial Health is a free education session created specifically for people living with mito. Join MitoCanada and Dr. Mark Tarnopolsky on Wednesday, May 18th as we delve into strengthening your mito, and overall health, by:

- exploring various types of exercise
- highlighting what to keep in mind when first starting to exercise
- how to manage exercise after setbacks and illness
- do's and don'ts for mito patients.

You will have the opportunity to ask Dr. Tarnopolsky questions during this education event.

Join the session

This is a **free** session but you **must register** to attend and access the recorded session



REGISTER NOW

Wednesday, May 18th

12 noon pm EST



Dr. Mark Tarnopolsky

Professor of Pediatrics and Medicine,
Director of Neuromuscular and Neurometabolic Clinic
at McMaster University Medical Centre



We'll be launching our new Exercise as Medicine animation that features Dr. T during the session!

mitocanada
Energizing Lives