



WELCOME TO YOUR PATH TO BETTER MOVEMENT AND HEALTH



KITSUMKALUM KINESIOLOGY PROGRAM

Welcome to the Kitsumkalum Kinesiology Program! We believe that movement is medicine—and it belongs in every journey towards wellness. Whether you're managing a chronic condition, recovering from an injury, or simply striving to feel better in your body, our on-staff Kinesiologist is here to support your path toward recovery, improved mobility, reduced pain, and enhanced overall health.

WHAT WE DO

Our services are designed to meet you where you are and help you move forward. Together we will create an exercise-based recovery plan based on your symptoms, activity preferences and lifestyle. We specialize in:

- **Chronic Disease Management**
Personalized movement plans to support conditions such as diabetes, cardiovascular disease, arthritis, and more—helping you stay active, independent, and in control.
- **Mobility Improvement**
Targeted exercises and functional movement strategies to increase flexibility, strength, and balance—whether you're aging gracefully or recovering from a setback.
- **Injury Prevention & Recovery**
Evidence-based rehabilitation and prehabilitation programs to reduce risk, accelerate healing, and get you back to doing what you love.
- **Pain Management**
Gentle, guided movement and posture correction techniques to alleviate discomfort and improve quality of life—without relying solely on medication.
- **Overall Health Optimization**
Well-rounded support for physical wellness, mental resilience, and lifestyle habits that promote long-term vitality.



WHO WE SERVE

We work with folks of all ages and abilities, including:

- Elders looking to maintain independence
- Physician referrals to the CHANGE BC program (coming soon!)
- Adults managing chronic health conditions
- Athletes recovering from injury
- Anyone ready to take charge of their health

WHY IT MATTERS

Kinesiology is more than exercise—it's a tried-and-true, science-backed approach to healing, prevention, and supported health independence. By focusing on functional movement and personalized care, we help you build a foundation for lifelong wellness.

GET STARTED TODAY

Whether you're referred by a healthcare provider or reaching out on your own, we're ready to help you take the next step. Our new service program fills us with enthusiasm as we look forward to growing alongside you and helping community members enhance the quality of their lives.

Let's move toward better health—together.

TEAM

Roderick (Rod) Brown, BSc (KIN), CSEP-Clinical Exercise Physiologist

Rod and his family have lived by the Skeena River for the past 16 years, enjoying wood carving, hiking, fishing, and many other outdoor activities nearby.

Rod is passionate about helping people build healthy habits that support their overall well-being. He works with individuals to create routines that include regular physical activity, nutritious food, balanced sleep, and time outdoors. With experience in automotive production ergonomics, rehabilitation, mental health and addictions, and small-scale farming, Rod brings a well-rounded and practical approach to programs that support both personal and community health.

When you're ready to get started, contact Rod by phone or email:

kinesiologist@kitsumkalum.com

250-635-6172 Kitsumkalum Health Centre