

Who are we?

Equality Fitness & Recreation (EFR) is a mobile service specializing in supporting participants and their families directly in their own homes and communities.

At EFR, our mission is to provide equal and equitable access to fitness, physical activity, recreation and sport for all individuals, being respectful and accepting of a person's age, abilities, impairment, gender identity, sexual orientation, spirituality, cultural background or mental health.



What do we offer?

Please contact our team to discuss individualized program opportunities specific to your family. Our team will work with you on a schedule and location that best suits you. Our services include, but are not limited to:

One-on-One In-Home Training

To help reduce barriers to being active, we provide services directly in your home or community. Our team will bring the necessary equipment and resources to support with your child's health, wellness, gross motor or sport skills, movement, or physical activity goals.

Transition Support

Want to enroll in a community sport, recreation, or activity program, and just not sure what will be 'the right fit'? We understand there is a lot to consider before registering your child, and we know this can be exhausting. Our team will work with your family to locate suitable programs, be an advocate to ensure equal access, and support with a positive and successful start. Whatever your needs may be, we are here to support you.

In-Home Yoga

Akhanda Yoga emphasizes yoga techniques sequenced systematically yet artfully to align the physical, energetic, mental/emotional and intuitive self. This yoga is modified to meet everyone's level of mobility and goals. Sessions can be designed specifically for children and youth or offered to an entire family.

Rural Support & Consultation

Living in a rural community? Finding options to be active can be difficult! Contact our team to discuss opportunities from online support to semi-regular visits.

Caring for the Caregiver

We understand how setting aside time for your own health can be very difficult when caring for another family member. As parents, this can take its toll on your own physical and mental health. We offer discounted rates for physical activity and wellness programs for parents and families in the caregiver role.

Why us?

- We recognize that no two families are the same. Our collaborative, family centered approach means that our services are tailored and modified to support your child in the way that suits your family best. If we don't have the expertise you're looking for, we will help you find someone who does.
- In addition to their 10+ years of experience working with children and youth living with a wide range of physical, sensory, and developmental impairments, our team holds bachelor and masters degrees in Kinesiology and Adapted Physical Activity. Additionally, our team has earned some of the highest levels of physical activity certifications in Canada including Certified Exercise Physiology (CSEP-CEP), Registered Kinesiology (AKA-RKin), Certified Yoga Instructor, physical literacy leadership, and Therapeutic Recreation (ATRA).



What parents say:

"so often families have been told all the reasons their child CAN'T do something. The EFR team focusses on what the child CAN do. They seek the child first, and limitations second." - Donna

Please Contact Amanda @ 780.240.9338 or Bobbi-Jo @ 780.916.2521 for more information