

Cardiac Rehabilitation Exercise Programs have been shown to improve:

- ♥ Fitness & Flexibility
- ♥ Resting & Active Heart Rates
- ♥ Blood Pressure Levels
- ♥ Cholesterol & Triglyceride Levels
- ♥ Blood Sugar Levels
- ♥ Weight and Body Composition
- ♥ Quality & Enjoyment of Life & reduce hospitalization
- ♥ Stress Tolerance
- ♥ Work Readiness

Learn to improve your fitness and enjoy life more through:

- ♥ Individualized Exercise Prescription
- ♥ Supervised Exercise
- ♥ Fun Group Sessions

Learn to exercise and monitor your own progress. Increase your confidence by working with our staff who are trained as cardiac exercise specialists. The staff are able to respond to emergencies so that you can get on with your heart healthy life.



Partners (Centres providing the Take Heart Program)



Oceanside Physiotherapy
& Work Conditioning
Centre



The Best Place on Earth

Take Heart was initiated with a grant from the Healthy Heart Society



Revised: May 2010



A Supervised
Exercise Program in
Your Community for
People with
Cardiac or Chronic
Conditions.

A Vancouver Island Risk Factor Reduction Exercise Program Developed in Partnership with the Inter-Municipal Recreation Centres, the YMCA-YWCA of Greater Victoria and the Vancouver Island Health Authority

Is This Program For Me?

This program is of benefit to people who have had a heart event or who have risk factors such as:

- ♥ High blood pressure
- ♥ Abnormal cholesterol
- ♥ Overweight
- ♥ Diabetes
- ♥ Smoking history
- ♥ Inactivity
- ♥ Stress
- ♥ Depression
- ♥ Lung & kidney disease

"Our Take Heart program is very high quality at a modest cost. I encourage all my patients to go!" ~ Dr. David Kinloch, Cardiologist

Program—12 weeks: with twice weekly supervised exercise sessions in a safe environment with an individual assessment & exercise prescription, aerobic and strength training, and informal risk factor information. You will be encouraged to do additional exercises on your own.

Note: the Royal Jubilee Hospital program is designed specifically for people with heart disease who require initial physician presence to exercise.

How Do I Start?

You need a referral or approval by your family doctor or specialist to attend. NOTE: a prior medical assessment by a physician will assist to develop an individualized exercise program. Contact one of the programs to help you start.

Cost: The community program cost is \$359.00 for 24 sessions (~3 months)

Locations: For more information call

South Island:

- ♥ **Panorama Recreation Centre**
1885 Forest Park Dr., N. Saanich
P: **250-655-2184**; Fax; 250-656-3360
- ♥ **Saanich Commonwealth Place**
4636 Elk Lake Dr., Victoria
P: **250-475-7619**; Fax: 250-727-2649
- ♥ **West Shore Parks - formally Juan de Fuca**
1767 Island Hwy., Victoria
P: **250-474-8694**; Fax 250-474-8650
- ♥ **YMCA-YWCA of Greater Victoria**
851 Broughton St., Victoria
P: **250-418-1843**; Fax: 250-380-1933
- ♥ **Royal Jubilee Hospital** (your physician makes a referral to Dr. Swiggum)
1952 Bay St., Victoria
P: **250-519-1601**; Fax: 250-370-8267

Central Island:

- ♥ **North Ridge Health Performance**
#901-5800 Turner Rd, Nanaimo
P: **250-751-0505**; F: 250-751-0583

♥ Oceanside Physiotherapy

#3-1009 Allsbrook Ave., Parksville
P: **250-248-9666**; Fax: 250-248-2199

North Island:

- ♥ **Strathcona Gardens Recreation Complex**
225 South Dogwood St, Campbell River
P: **250-287-9234 (236)**;
Fax: 250-287-3252

Upon completion of the program you may continue your exercise in our community based *Take Heart* Maintenance Program to help you to keep on with your healthy lifestyle.

Maintenance Program

The maintenance program offers a twice weekly group exercise session. Monthly registration. The maintenance program is for graduates of the *Take Heart* program, *Take a Breath* program, or a recognized cardiac or respiratory rehab exercise program. Contact the community recreation centres listed for more information.

The program is recognized and recommended by physicians and follows the guidelines of the **Canadian Association of Cardiac Rehabilitation, American Association of Cardiopulmonary Rehabilitation**, as well as the **American College of Sports Medicine** which is recognized world wide as being the "*gold standard*" in heart/lung exercise rehabilitation.