

PEOPLE ARE SAYING...

"I like the program because if I had to do this on my own I would forget the routine."

"I feel confident to exercise on my own but I always learn new information about my health in the sessions and that's what I value the most."

"I enjoy being with the group."

"I feel more comfortable exercising knowing there is qualified supervision."

"Too easy to say I don't feel like going today when you exercise independently."



PROGRAM OFFERINGS

Each participant begins their program in the high risk hospital or a moderate risk community based program for a 3-4 month period unless otherwise advised.

Hospital Class Times

Mon/Wed	7:30-9:00	10:00-11:30	1:00-2:30
Tues/Thur	7:30-9:00	10:00-11:30	1:00-2:30

2 Sessions/week \$100/month

Community Class Times

Fortius	Wed / Fri	10:15-11:45
Anytime Fitness	Mon / Wed	3:00-4:30
Anytime Fitness	Wed / Fri	7:30-9:00

2 Sessions/week \$85/month

*Note: Class times and locations may change



HEALTHY HEART PROGRAM



7th Floor, Burnaby Hospital
3935 Kincaid St., Burnaby B.C.
(604)-412-6440

WHAT IS THE HEALTHY HEART PROGRAM?

Healthy Heart is a Cardiac rehabilitation program that started in 1996. It is an exercise and education prevention program for people with two or more risk factors; and a rehabilitation program for people who have a heart condition.

WHAT DOES THE PROGRAM OFFER?

- Pre-exercise medical assessment
- Clinically supervised exercise program
- Risk factor reduction through exercise and diet
- Education about heart, nutrition, stress management, the benefits of exercise and many other health related topics.

ASSESSMENT BY:

- Cardiac Exercise Specialist
- Cardiac Nurse
- Cardiologist
- Dietitian

WHO CAN JOIN?



Anyone with a history of:

- Coronary artery bypass
- Congestive heart disease
- Previous heart attack
- Valve disorders
- Atherosclerosis
- Arrhythmias
- Angina
- Stent

Or Diagnosed with 2 or More Risk Factors:

- High Blood Pressure
- Sedentary Lifestyle
- High Cholesterol
- Family history
- Diabetes
- Smoking
- Gender
- Obesity
- Stress

WHY JOIN?

Benefits to your health:

- Lower heart rate & blood pressure
- Improve muscular strength
- Decrease stress levels
- Increase understanding of health concepts
- Increase quality of life
- Social support system



HOW TO JOIN!

Referral required:

Ask your family physician, nurse or specialist to refer you to the program.

Any questions?

Call the Healthy Heart Program office at (604)412-6440 for more information
