

# Why do I need an exercise program?

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



take heart & breathe well

# What happens when I finish the program?

When you have completed the program, a progress report will be sent to your doctor.

Continuing to exercise regularly is important to maintain your fitness level and heart health. A supervised maintenance program is available for Take Heart graduates. Our staff is happy to discuss options available to you.

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## Contact

Active Solutions Health + Sport  
activesolutionsladysmith@gmail.com  
(250) 924-4444



ACTIVE SOLUTIONS  
health + sport

**TAKE HEART &  
BREATHE WELL  
PROGRAM**

**PATIENT INFO  
SHEET**

# What is Take Heart & Breathe Well?

The Take Heart & Breathe Well Program is a physician-approved and health professional-supervised community exercise program developed in partnership with the Inter-Municipal Recreation centres in the South Island, the YM-YWCA of Greater Victoria, and Island Health.

The Take Heart & Breathe Well Program includes the following:

- An Intake Interview Session (initial interview and assessment)
- Supervised exercise sessions occurring in a safe environment, twice weekly. Includes an individual assessment & exercise prescription, aerobic & strength training, and informal risk factor information.

## Is this program for me?

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

- High blood pressure
- Abnormal cholesterol
- Overweight
- Diabetes
- Smoking history
- Inactivity
- Stress
- Depression
- Lung (e.g. COPD, Asthma, Bronchitis)
- Kidney Disease
- Osteoporosis

## How do I start?

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

## What will I learn?

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. Attend one of our exercise programs to help you get on with your healthy life!

These programs are recognized and recommended by physicians and follow 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.