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To whom it may concern,

The Take Heart Breath Well program has been developed and runs with the Vancouver Island Health Authority for a number of years, and our clinic has recently taken it on to run it in the mid-island area. This will be a group program where clients can complete individualized exercise programs under the supervision of a clinical exercise physiologist / cardiac exercise specialist. The purpose of this program is to provide rehabilitative and risk reduction education and exercise in a monitored group setting, to be safe and cost effective for participants.

At our clinic, we run clients through a private initial assessment and a private subsequent orientation session prior to joining the group program – each of these sessions has a cost of \$80. These sessions are designed to address medical history, risk factors, current health status, vitals, and then exercise capacity. Once a client has completed these initial sessions, they may join the group sessions which includes 23 sessions held over 12 weeks, at a cost of \$460 (\$20 per session). These group sessions are run in small groups of less than 6 people so adequate supervision is given. Clients can then work on their aerobic and strengthening exercises with the help of the clinical exercise physiologist to modify or progress when needed.

To join the group program, clients need a referral from a physician, which can be sent to you from our clinic if needed, and faxed back to us on return. Following the group program, clients can be progressed into our maintenance program where they can still attend our facility at the same time to continue more independent exercise under supervision. If you require any other information about this program, please contact myself or our clinic directly.

Sincerely,

Jane Nettleton