HEART WISE EXERCISE - ONLINE

An online exercise offering led by a HWE Trained Instructor should strive to meet the HWE Criteria in the following ways:

ENCOURAGES REGULAR, DAILY AEROBIC EXERCISE
- Advise your participants to walk daily, or create fitness challenges to encourage activity outside of the classes

ENCOURAGES AND INCORPORATES WARM UP, COOL DOWN AND SELF-MONITORING WITH ALL EXERCISE SESSIONS
- Participants are encouraged throughout to work at their own pace
- Participants are taught how to self-monitor (i.e. talk test, RPE, taking their pulse – as appropriate)
- Water breaks are incorporated into the live class or video
- During the cool-down time participants can be reminded to exercise daily

ALLOWS PARTICIPANTS TO EXERCISE AT A SAFE LEVEL AND OFFERS OPTIONS TO MODIFY INTENSITY
- The instructor highlights modifications in filmed videos or during live session

INCLUDES PARTICIPANTS WITH CHRONIC HEALTH CONDITIONS – PHYSICIAN APPROVAL MAY BE REQUIRED
- Encourage participants exercising for the first time to consult a physician prior to starting the class

OFFERS HEALTH SCREENING FOR ALL PARTICIPANTS
- Participants are encouraged to complete health screening prior to exercising (i.e. PARQ+)
- Instructors are encouraged to review screening for participants in their classes prior to starting (if applicable)

HAS A DOCUMENTED EMERGENCY PLAN THAT IS KNOWN TO ALL EXERCISE LEADERS
- A disclaimer/liability waiver can be included prior to the start of each ‘live’ class or on screen before an exercise video
- Participants are advised to create a personal emergency plan that encompasses the following before joining and participating in an online class:
  - Letting someone know they are doing an exercise class and to check in with that person when done
  - Having a phone nearby
  - Clearing the area where they will be exercising of any tripping hazards
  - Wearing appropriate footwear
- The instructor can also remind participants of this when they welcome the group at the start of the class

HEARTWISE.OTTAWAHEART.CA
An online program or class that displays the Heart Wise Exercise logo does all of the following:

**HERE'S A BASIC LIST OF THINGS YOU LIKELY HAVE AT YOUR HOME:**
- A pair of running shoes
- A strong chair
- A towel or exercise mat
- Hand weights, or canned foods
- A hand towel
- A watch or timer
- Good music

**OTHER “NICE TO HAVE” ITEMS (BUT NOT NECESSARY) INCLUDE:**
- Free weights or kettle weights
- Cardio equipment
- Step box trainer
- Stairs

It’s important to note that unless instructed by public health, you don’t need to stay indoors. Getting outside to walk, run, or bike in the spring weather in an option too.