



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



HEART WISE EXERCISE - ONLINE

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 stay indoors. **Getting outside to walk, run, or bike in the spring weather in an option too.**



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