

It's winter, and winter can be cold! Here are a few things to remember when exercising in this weather:

1. Cold air causes our blood vessels to constrict which **increases our blood pressure** and the work your heart must do.
2. In order to stay safe, **warm up** before any type of activity outside.
3. If snow shoveling, use a **small size shovel** and use **lower body muscles** and don't lift the shovel too high.

For more information on seasonal considerations, visit

<https://www.ottawaheart.ca/cardiac-rehabilitation-physical-activity-guide/seasonal-considerations>

NEW HWE Online Modules

Thanks to Osteoporosis Canada and the Alzheimer Society of Renfrew County and Ottawa, our **NEW** online modules will be available in the New Year!

If you are interested in knowing more about *Exercise and Dementia* as well as *Exercise and Bone Health*, please contact us for details!

HWE Refresher Training

We encourage our partners and fitness leaders to stay current with the latest messages on exercise and chronic conditions!

We make it easy with our HWE Refresher Training. You can pick any 2 modules of interest from our online platform.

Please contact us for more details or the complete list of modules.

Next HWE Workshops

We are planning HWE workshops in the New Year with the help of OSHF and our RCCs.

Ottawa – March 10th 2017

at the University of Ottawa Heart Institute
(see attached poster for details)

Lindsay – Spring or Fall 2017

Newmarket – Spring 2017

Toronto – Spring 2017

Please note that prices will go up for the Training Program on March 1st, 2017, from \$79 to \$89.

Register early to get the 2016 rate!

Visit our training pages on the HWE website for details

heartwise.ottawaheart.ca

Next HWE Network Meeting

Please complete this [Doodle](#) with your preferences and send us suggestions for a meeting location.

All are welcome!

Terms and Conditions

It's time to renew your Terms and Conditions to obtain the HWE designation!

For those interested in our newly updated T&C 2016-2018 or wanting more details, please contact us.

heartwise@ottawaheart.ca

WINTER