



## Heart Wise Exercise

The Heart Wise Exercise Network is a partnership of community organizations who work with the University of Ottawa Heart Institute to provide heart healthy exercise for all.

For additional information about the program please call 613-696-7387 or email [heartwise@ottawaheart.ca](mailto:heartwise@ottawaheart.ca)

For a complete list of Heart Wise Exercise facilities, visit: [heartwise.ottawaheart.ca](http://heartwise.ottawaheart.ca)



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# Heart Wise Exercise



## What We Do

Heart Wise Exercise partners with community organizations to develop programming, and designate facilities, programs and classes where individuals can exercise regularly to prevent or limit the effects of living with a chronic health condition.

Our objectives are:

- To identify exercise facilities and classes that are suitable for individuals with or at risk of developing a cardiovascular or chronic health issue.
- To help those individuals choose exercise facilities and classes that are “heart friendly”.

An easy way to identify a qualified Heart Wise Exercise program is to look for the Heart Wise Exercise logo and symbol on web-sites, promotional material and in a facility’s list of classes.



## About Heart Wise Exercise Programs

Heart Wise Exercise programs are intended for people who are interested in or concerned about their heart health.

A Heart Wise Exercise program meets the following criteria:

1. Encourages regular, daily aerobic exercise.
2. Encourages and incorporates warm up, cool down and self-monitoring with all exercise sessions.
3. Allows participants to exercise at a safe level and offers options to modify intensity.
4. Includes participants with chronic health conditions – physician approval *may* be required.
5. Offers health screening for all participants.
6. Has a documented emergency plan that is known to all exercise leaders, including the requirement of current CPR certification, phone access to local paramedic services and presence of an AED.

These criteria could cover a variety of levels and types of programs. Please read the program description provided by the facility to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.

# Heart Wise Exercise Locations

## More Information

Heart Wise Exercise programs may include a variety of walking, aerobic, aqua fitness and various other type of exercise classes that meet the Heart Wise Exercise designation criteria from the University of Ottawa Heart Institute.

Some programs are offered in French and English. Contact the location nearest you or visit [heartwise.ottawaheart.ca](http://heartwise.ottawaheart.ca) for more information about the Heart Wise Exercise program.



### Ottawa

Be Well Mobile Fitness	613-868-6287
Carleton University	613-520-2600 ext. 8700
City of Ottawa (24 locations)	613-580-2424 ext. 41555
Dovercourt Recreation Centre	613-798-8950 ext. 244
Free Exercise Programs or visit: <a href="http://www.champlainhealthline.ca">www.champlainhealthline.ca</a>	613-310-2222
Free Form Fitness (3 locations)	613-695-4348
The Friendly Corner	613-898-5005
Gloucester Senior Adult's Centre	613-749-1974
The Good Companions	613-236-0428 ext. 2200
LiquidGym	613-820-8228
Manor Park Community Council	613-741-4776
Ottawa Athletic Club	613-523-4024 ext. 280
PranaShanti Yoga Centre	613-761-9642
The RA Centre LifeFIT Canada	613-736-6229
Rendez-vous des aînés francophone d'Ottawa	613-834-6808
Sandy Hill Community Health Centre	613-244-2816
Soloway Jewish Community Centre	613-798-9818 ext. 278
TJ Fit	613-292-5275
YMCA –YWCA: Carlingwood Y	613-656-9805
YMCA –YWCA: Ruddy Family Y	613-830-4199 ext. 3016
YMCA –YWCA: Taggart Family Y	613-237-1320 ext. 7521

### Leeds, Lanark & Grenville

Brockville and area YMCA	613-342-7961 ext. 32
Carleton Place Pool and Beaches	613-257-1005 ext. 21
Carleton Place District High School Get W.I.T.H. It!	613-253-3822
Community and Primary Health Care (8 locations around Smiths Falls)	613-257-3296 ext. 2301
Fitness for Over Fifty (Brockville)	613-345-0473
Free Exercise Programs	613-310-2222
The Heritage Community Fitness Centre (Carleton place)	613-253-2112
Maple Grove Public School (Lanark) Get W.I.T.H. It!	613-259-2182 ext. 2302
North Lanark Community Health Centre – Fun and Fitness for Older Adults and Seniors (5 locations around Lanark)	613-259-2182 ext. 2302
The Workshop Dance Studio (Kemptville)	613-868-9062

### Eastern Counties of Ontario

Bougez Santé (Hawkesbury)	613-636-0971
Carefor Health & Community Services (Hawkesbury)	613-632-0418
Centre d'éducation OPTIONS	613-632-4100
Centre de santé communautaire de l'Estrie (Embrun et Casselman)	613-443-3888 ext. 29
Centre de santé communautaire de l'Estrie (Crysler)	613-987-2683
Centre de santé communautaire de l'Estrie (Plantagenet et St-Isidore)	613-487-1802
Cornwall Aquatic Centre	613-933-3586
Free Exercise Programs	613-310-2222
Glengarry Memorial Hospital Pool	613-525-5671

Integral Yoga® (Vankleek Hill)	613-678-3794
Physio Plantagenet	613-673-1977
Seaway Valley Community Health Centre	613-930-4892 ext. 229
YMCA-YWCA: Clarence-Rockland	613-446-7679 ext. 1004

### Renfrew County

Arnprior District High School Get W.I.T.H. IT!	613-623-7301
Best Western Fitness (Pembroke)	613-735-0474
Dacre Walking Club	613-649-2668
The Deep River Community Pool	613-584-2112
Eganville & District Seniors Centre	613-628-2354
Fellowes High School Get W.I.T.H It! (Pembroke)	613-735-6858
Fit, Fun and Fully Alive (Beachburg and Cobden area)	613-582-3685
Free Exercise Programs	613-310-2222
Mackenzie High School Get W.I.T.H. It! (Deep River)	613-584-3148
Minopimàdiz-i Gamik Health Centre, Algonquins of Pikwàkanagàn First Nation	613-625-2259
Miramichi Lodge Get W.I.T.H. It! (Pembroke)	613-735-4693 ext. 215
Nick Smith Centre (Arnprior)	613-623-7301
Petawawa Aerobics & Aquafit	613-687-2932
Renfrew Recreation Centre	613-432-3131
Renfrew Silver Seniors	613-432-4579
St. Joseph's Catholic High School Get W.I.T.H. It! (Renfrew)	613-432-5846
Upper Ottawa Valley Tai Chi Club	613-687-9370