

Heart Wise Exercise: Meeting the Needs of Your Clients with a Chronic Health Condition

Monday June 17th, 2019

The Ottawa Athletic Club – Fitness Studio

1:00pm-1:05pm – **Welcome & Introductions**

1:05pm-1:45pm – **Overview of the Heart Wise Exercise Program** – Jennifer Harris & Anita Findlay

***Jennifer Harris** is a registered Physiotherapist and ACSM Certified Clinical Exercise Physiologist working at the University of Ottawa Heart Institute as the Regional Manager of CVD Prevention and Rehabilitation Outreach. Part of this role is to direct the Heart Wise Exercise Network, as well as work with community exercise leaders and new cardiac rehabilitation staff to help them feel confident working with those with chronic conditions including cardiac disease. She enjoys research and has had the pleasure to work on several projects including: behavior modification to improve exercise adherence, methods to capture exercise adherence, as well as new exercise and cardiac rehab approaches. She is also part of the Executive Committee of the Canadian Association of Cardiovascular Prevention and Rehabilitation's Board of Directors. Her passion is enabling patients to exercise and has been working in the pulmonary and then cardiac rehab field since 1995.*

***Anita Findlay** is a certified fitness instructor with many years of experience, including specialties in older adult, Pilates, rehab for heart health and hip replacements, as well as yoga. She is also a Fitness Coordinator with the City of Ottawa.*

1:45pm-2:45pm – **Exercise and the Cardiac Participant: An Update** – Jennifer Harris

2:45pm-3:00pm – **Break**

3:00-4:00pm – **Diabetes and Exercise: An Update** –Wendy Marshall

***Wendy Marshall** is a registered nurse and a certified diabetes educator. She has a background in the fitness field and currently works at the Community Diabetes Education Program of Ottawa. She is passionate about helping to support clients with diabetes and strives to encourage them to embrace a physically active lifestyle. Her goal is to help her clients optimally manage their condition, and enhance their quality of life.*

4:00-4:15pm – **Closing Remarks**
