

Happy New Year! We are welcoming 2019 with a new communication effort, sharing our current news on a more regular basis with our HWE partners!

UOHI will tweet about HWE during Heart Month (February), and are happy to tweet at any of you, our HWE partners...just send your twitter handles to us! Also feel free to let us know if you've tweeted so we can like and re-tweet!

Join us at our next Ottawa HWE Network Meeting

Please select the dates you are able to attend on our Doodle Poll here:

<https://doodle.com/poll/zrqnqmin5dkz7dcr>

Options include **February 6, 7, 13, or 14**. If you are able to host the meeting then please let us know at heartwise@ottawaheart.ca

2018 Numbers

HWE Website visits to the location page in
December: 377
New HWE locations: 4
New Modules: 3

Upcoming Workshops

If you are interested in hosting a refresher session or full workshop in your facility please let us know! heartwise@ottawaheart.ca

Did you know?

Renewal every 2 years is recommended. You can purchase renewal online [here](#) for 35\$!
The renewal includes the Intro to HWE module plus 2 modules of your choice, to view the list of options click [here](#).

Team Heart! Sponsorship opportunity



Heart Wise Exercise is a proud partner in the Heart Institute's Team Heart initiative at the 2019 Ottawa Race Weekend. We are offering an opportunity for any HWE location to become an official sponsor of the team. For more information about this opportunity contact Lindsay Firestone at lfirestone@ottawaheart.ca.

January 2019

Heart Wise Exercise
NEW! 613-696-7387
heartwise@ottawaheart.ca
heartwise.ottawaheart.ca

Meet our Newest Ottawa Locations!

1. [Beyond Yoga Studio and Wellness Centre](#). This full service yoga studio offers a wide range of yoga classes and cultivates a welcoming community atmosphere in their lobby that has attracted many Kanata residents, especially (but not exclusively) seniors.
2. [Action Potential Rehabilitation](#). This rehabilitation center is now offering this exercise class targeted to those with respiratory or cardiac conditions but who likely could not manage going to a standard exercise class in the community. They have specialized equipment and extra support staff to offer aerobic exercise for those exercise at a very low intensity level.
3. [This is Healthful](#) is a Bells Corners location offering an educational prevention clinic and health centre. While they employ a full team of health experts, they have designated their exercise services as Heart Wise Exercise. This includes personal training and group exercise classes.

HWE Story Corner: Strength, Balance and Flexibility

Heart Wise Exercise designated personal trainers seek to build their clients' strength, balance and flexibility. Such has been my experience working with Catherine Marion and Vania Hau at Free Form Fitness (FFF).

I am a senior female with a bad heart and bad hips. A year ago I was dealing with heart failure and poor fitness from years of hip pain. I could not walk, but only totter for very short distances and do minimal activities before I became exhausted. And I hated stairs.

Today, I feel that I have much of my life back, in a large part because of exercise. (The drugs helped too – thank you, Dr. Chih). First, the Heart Institute's Rehabilitation Program got me walking slowly on a treadmill for 20 minutes. Then, last July, Catherine and Vania took over. With two ½ hour sessions a week, they got me doing movements and assuming yoga-like poses that I thought I would never be able to do again. Some exercises required the use of FFF's equipment, but many were simple movements that, now I know how to do them correctly, I do at home on the days between my training sessions.

It is wonderful to again walk normally and upright, to climb stairs without pain, to be more stable on my feet, and to be able to squat when I need to access a low cupboard. Thank you, HI Rehab Program and FFF for your expertise and help. Now let's get me strong enough to pull my luggage so I can visit my sister in England.

-Ann Sunahara

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