

Heart Wise Exercise Locations



Carleton University
613-520-2600 X8700



City of Ottawa (24 Locations)
613-580-2424 X41225



Curves (bank st)
613-521-1333



Dovercourt Recreation
613-798-8950 X244



Free exercise Programs
613-310-2222



Free Form Fitness (3 Locations)
613-695-4348



The Friendly Corner,
613-580-9620



Gloucester Senior Adult's Centre
613-749-1974



The Good Companions
613-236-0428 X2200



Hillcrest High School
613-798-5555 X13512



Liquid Gym
613-820-8228



Metta Massage & Yoga Clinic
613-724-4747



**National Capital Region YMCA
(3 Locations)**
Carlingwood - 613-656-9805
Ruddy Family - 613-830-4199 X3016
Taggart Family - 613-237-1320 X7521



The RA Centre LifeFIT
613-736-6229



Ottawa Athletic Club
613-523-4024 X280



Pranashanti Yoga Centre
613 761-9642



**Rendez-vous des aînés
francophones** 613-834-6808



Soloway Jewish Community Centre
613 798-9818 x278



**Sandy Hill CHC and Nordic Walking
Club**
613-244-2816



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



Heart Wise Exercise Partners

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 project please contact the University of Ottawa Heart Institute at:
613 761-4753
heartwise@ottawaheart.ca

For a complete list of Heart Wise Exercise facilities, visit:
heartwise.ottawaheart.ca

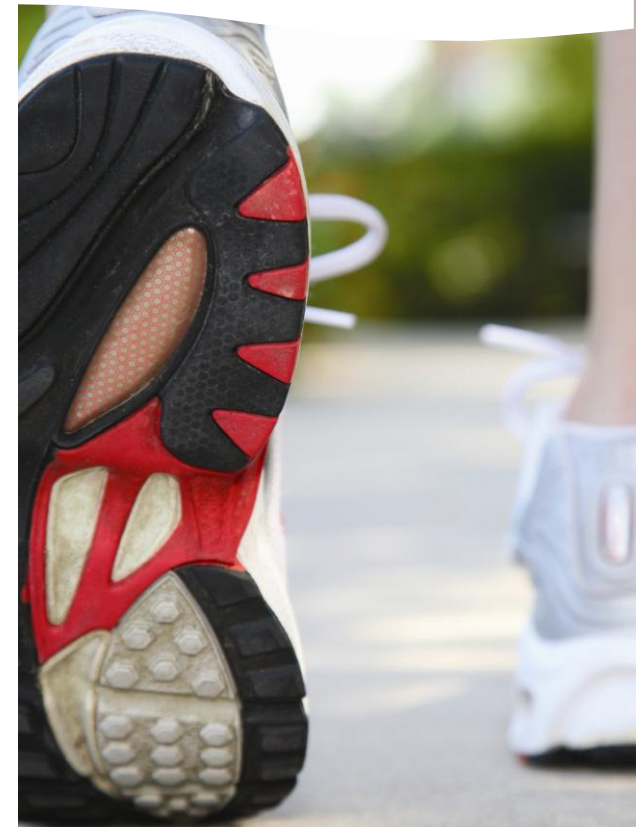


UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

Last updated February 2016

© 2009 University of Ottawa Heart Institute

Heart Wise Exercise



OTTAWA

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 facilities 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.

Frequently Asked Questions

I want to help my heart, but I don't like doing aerobics: Do I have to do daily aerobic sessions?

No. Aerobic exercise is different than aerobics. Research has shown that the best way to improve heart health is to do some aerobic exercise every day. This simply means any exercise that gets the heart pumping for a period of at least 10 minutes, but ideally 30 minutes at one time. Great examples are walking, jogging, swimming, skating and many fitness classes.

I already take part in exercise classes, but the class I'm in doesn't have the Heart Wise Exercise logo. Does this mean it isn't safe?

Not at all. The Heart Wise Exercise logo has been developed to help people find a place to **start** exercising. While many exercise programs are safe and appropriate, Heart Wise Exercise classes have been identified as a good place to start for those with cardiac or other chronic conditions.

I don't have a heart condition. Can I still take a Heart Wise exercise class?

Yes. Anyone can take these classes, especially those just beginning an exercise program.