

## Cardiac Rehabilitation Exercise Programs have been shown to improve:

- ♥ Fitness & Flexibility
- ♥ Resting & Active Heart Rates
- ♥ Blood Pressure Levels
- ♥ Cholesterol & Triglyceride Levels
- ♥ Blood Sugar Levels
- ♥ Weight and Body Composition
- ♥ Quality & Enjoyment of Life &  
Reduce Hospitalization
- ♥ Stress Tolerance
- ♥ Work Readiness

Learn to improve your fitness and  
enjoy life more through:

- ♥ Individualized Exercise Prescription
- ♥ Supervised Exercise
- ♥ Fun Group Sessions

Learn to exercise and monitor your own  
progress. Increase your confidence by  
working with our staff who are trained  
as cardiac exercise specialists. Attend  
one of our exercise program to help you  
get on with your healthy life.



take heart & breathe well

### Partners



Donations accepted for Take Heart & Breathe  
Well directly at: [www.saanichlegacy.ca](http://www.saanichlegacy.ca)



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A Supervised Exercise  
Program in Your Community  
for People with Cardiac,  
Pulmonary & / or Chronic  
Conditions

## Is This Program For Me?

This program is of benefit to people who have had a heart event, who have risk factors, or chronic conditions such as:

- ♥ High blood pressure
- ♥ Abnormal cholesterol
- ♥ Overweight
- ♥ Diabetes
- ♥ Smoking history
- ♥ Inactivity
- ♥ Stress
- ♥ Depression
- ♥ Lung (e.g. COPD, Asthma, Bronchitis)
- ♥ Kidney Disease
- ♥ Osteoporosis

*"Exercise is the best medicine. Regular physical activity improves your heart health as well as your overall health. These programs are excellent ways to improve your self-confidence to be active for life!"*

*~ Dr. Elizabeth Swiggum, Cardiologist*

**Program—12 weeks:** supervised exercise sessions occurring in a safe environment, twice weekly. Includes an individual assessment & exercise prescription, aerobic & strength training, and informal risk factor information. You are encouraged to do additional exercises on your own. Note: Royal Jubilee Hospital program is limited to people who require a physician close by to exercise.

**Cost:** \$399 for 24 sessions  
(\$133 per month for 3 months)

## How Do I Start?

You need a referral or approval by a doctor to attend. Contact one of the programs to help you start. NOTE: a medical assessment by a physician will help us to develop your individualized exercise program.

**Community Locations:** Physician approval required. Call for more information.

### South Island:

- ♥ **Henderson Recreation Centre**  
2291 Cedar Hill X Rd., Victoria  
P: **250-370-7200**; Fax: 250-595-7607
- ♥ **Panorama Recreation Centre**  
1885 Forest Park Dr., N. Saanich  
P: **250-655-2184**; Fax: 250-656-3360
- ♥ **Saanich Commonwealth Place**  
4636 Elk Lake Dr., Victoria  
P: **250-475-7619**; Fax: 250-727-2649
- ♥ **West Shore Parks**  
1767 Island Hwy., Victoria  
P: **250-474-8694**; Fax 250-474-8650
- ♥ **YMCA-YWCA of Vancouver Island**  
851 Broughton St., Victoria  
P: **250-386-7511 ext 305**
- ♥ **Sooke Health & Fitness**  
6625-A Sooke Road, Sooke, BC  
P: **250-642-7111**; Fax: 778-425-0015

### Central Island:

- ♥ **Cowichan Aquatic Centre**  
2653 James St. Duncan  
P: **250-746-3306**; Fax: 250-746-3310
- ♥ **North Ridge Health Performance**  
#901-5800 Turner Rd, Nanaimo  
P: **250-751-0505**; Fax: 250-751-0583

### North Island:

- ♥ **Strathcona Gardens Recreation Complex**  
225 South Dogwood St, Campbell River P:  
**250-830-6777**; Fax: 250-830-6778
- ♥ **Comox Community Centre**  
1855 Noel Ave, Town of Comox  
P: **250-339-2255**; Fax: 250-339-0817

**Hospital Location: Physician Referral Required.** For people requiring complex support /care. Only one location.

- ♥ **Royal Jubilee Hospital**  
1952 Bay St., Victoria  
P: **250-519-1601**; Fax: 250-370-8267

## Maintenance Program

Continue to maintain your healthy lifestyle in twice weekly group exercise sessions. The Maintenance Program is for graduates of the *Take Heart & Breathe Well* program or another recognized cardiac or respiratory rehab exercise program. Registration is monthly. Contact the community recreation centres listed for more information.

These programs are recognized and recommended by physicians and follow the guidelines of the **Canadian Association of Cardiac Rehabilitation, American Association of Cardiopulmonary Rehabilitation**, as well as the **American College of Sports Medicine** which is recognized world wide as being the "gold standard" in heart / lung exercise rehabilitation.