

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 programs to help you get on with your healthy life.



take heart & breathe well

Partners



The Take Heart and Breathe Well Program gratefully acknowledges the support of the First Open Heart Society of BC

Donations accepted for Take Heart & Breathe Well directly at: www.saanichlegacy.ca



The Best Place on Earth
Revised: January 2020



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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: \$450 for 24 sessions
(\$150 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
- ♥ **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
- ♥ **Fuller Lake Arena**
2876 Fuller Lake Road, Chemainus, BC
P: **250-746-3306**; Fax: 250-746-3310

North Island:

- ♥ **Strathcona Gardens Recreation Complex**
225 South Dogwood St, Campbell River
P: **250-830-6777**; Fax: 250-830-6778

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 centers 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.