

Graduated from Toronto Rehab's  
Cardiac Rehabilitation & Secondary Prevention Program?



## The **Heart Wise** Exercise Program

Heart Wise can help you transition from your formal cardiac rehabilitation program to fitness programs available in your community. The Heart Wise symbol identifies exercise programs that are safe and suitable for participants with heart disease.

### All Heart Wise programs...

- ✓ Encourage regular, daily exercise
- ✓ Incorporate warm up, cool down and self-monitoring during sessions
- ✓ Instruct with varying, progressive levels of exercise so participants can safely and appropriately increase intensity
- ✓ With physician approval, accepts participants with a known history of heart disease and provides health screening for all participants
- ✓ Has a documented emergency plan, emergency equipment and staff fully trained to handle emergency health situations

### Find a Heart Wise exercise class today!

North York YMCA  
567 Sheppard Ave E  
(At Bayview Ave)  
(416) 225-9622

Metro Central YMCA  
20 Grosvenor Street  
(Yonge St & College St)  
(416) 975-9622

West End YMCA  
931 College Street  
(At Ossington Ave)  
(416) 536-9622



*Rehabilitation saves life.*



UNIVERSITY OF OTTAWA  
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DE L'UNIVERSITÉ D'OTTAWA