

Dear Physical Activity Colleague,

With baby boomers aging, chronic health conditions are on the rise. We all know that regular exercise is required to prevent and manage chronic diseases such as coronary heart disease, stroke, chronic kidney disease, diabetes, and chronic obstructive lung disease.

The Cardiac Health Foundation of Canada is launching an initiative in the **Greater Toronto Area (GTA)** to identify, educate, and promote physical activity opportunities for individuals who are at risk of or have cardiovascular disease, thanks to an **Ontario Trillium Foundation** grant received in July, 2011. Through collaboration with facilities such as yours, we are looking to increase the availability of facilities and programs tailored to individuals with chronic health conditions.

We want to work with you to make your facility known as offering “Heart Wise Exercise” physical activities by educating your staff regarding exercise and cardiovascular disease, evaluating physical activity classes for Heart Wise Exercise designation at **no cost to you** and promoting your facilities as offering a, “Heart Wise Exercise” Program.

Heart Wise Exercise designated facilities and programs must:

- 1) encourage regular daily aerobic exercise,
- 2) incorporate and encourage warm-up, cool down and self-monitoring,
- 3) allow participants to exercise safely with options to increase the intensity of exercise,
- 4) accept participants with a known history of cardiovascular disease - provided they have physician approval,
- 5) provide health screening,
- 6) have an emergency plan that is documented and known to all exercise leaders, including the requirement of current CPR certification, with phone access to EMS and an onsite AED. (spell out on first mention)

If you meet all of these criteria you are well on your way to having your facility designated “Heart Wise Exercise”

The next steps include:

- Participation by one person from your facility in a one-day workshop, to become familiar with what is being said to clients in hospital-based cardiovascular prevention and rehabilitation programs;
- Completion of an agreement with the Cardiac Health Foundation of Canada and the person responsible for the facility or programs.

I invite you and your physical activity leaders to the Cardiac Health Foundation, Heart Wise Exercise workshop being held on **January 16th, 2012, 9:00 am - 4:00 pm**, at TBD.

Join the list of Heart Wise Exercise partners that already includes a collaborative partnership with: The Cardiac Health Foundation of Canada, University Health Network's Toronto Rehab Institute's Cardiac Rehabilitation & Secondary Prevention Program, Toronto Emergency Medical Services, the Mikey Network, the YMCA of GTA and the founders of Heart Wise Exercise the University of Ottawa Heart Institute.

I look forward to meeting with you or your leaders at the workshop.

Sincerely,

Paul Sawyer BPHE, ACSM: PD
Director, Heart Wise Exercise, Toronto
heartwise.paul@cardiachealth.ca
Cardiac Health Foundation of Canada Office- Tel:(416) 730-8299 Fax:(416) 730-0421
www.cardiachealth.ca