

PEOPLE ARE SAYING...

“I like the program because if I had to do this on my own I would forget the routine.”

“I feel confident to exercise on my own but I always learn new information about my health in the sessions and that’s what I value the most.”

“I enjoy being with the group.”

“I feel more comfortable exercising knowing there is qualified supervision.”

“Too easy to say I don’t feel like going today when you exercise independently.”



CARDIAC REHAB PROGRAM OFFERINGS

Every participant begins their program in the high risk hospital or a moderate risk community based program for a 4 month period unless otherwise advised.

High Risk Hospital Based Class Times

| | | | |
|------------|-----------|-------------|-----------|
| Mon/Wed | 7:30-9:00 | 10:00-11:30 | 1:00-2:30 |
| Tues/Thurs | 7:30-9:00 | 10:00-11:30 | 1:00-2:30 |

2 Sessions/week

\$100/month

Moderate Risk Community Based Class Times

Burnaby Hospital Cardiac Rehab is partnering with Community Fitness Centres to provide this class.

2 Sessions/week

\$85/month



www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca

HEALTHY HEART PROGRAM



7th Floor, Burnaby Hospital
3935 Kincaid St., Burnaby B.C.
(604)-412-6440



WHAT IS THE HEALTHY HEART PROGRAM?

Healthy Heart is a Cardiac rehabilitation program that started in 1996. It is an exercise and education prevention program for people with two or more risk factors; and a rehabilitation program for people who have a heart condition.

WHAT DOES THE PROGRAM OFFER?

- High & moderate risk exercise classes are medically supervised
- Case management
- Evidence based risk factor reduction
- Primary/secondary prevention: weight management, stress management, exercise therapy
- Education about heart, nutrition, stress management, the benefits of exercise and many other health related topics.

MULTIDISCIPLINARY TEAM:

- Cardiac exercise specialist
- Cardiologist
- Cardiac Nurse
- Dietitian

WHO CAN JOIN?

Anyone with a history of:

- Previous heart attack
- Valve disorders
- Arrhythmias
- Atherosclerosis
- Congestive heart disease
- Angina
- Stent
- Coronary artery bypass

Anyone with 2 or more risk factors:

- **Family history**—Grandparents, Parents, Siblings
- **Age**—Women > 55, Men >45
- **Gender**—men more likely to develop CVD
- **Smoking**—70% more at risk than non smoker
- **High Blood Pressure**—>140/90
- **High Cholesterol**
- **Sedentary Lifestyle**
- **Stress**
- **Diabetes**

WHY JOIN?

Benefits to your health:

- Decrease risk factors
- Rehabilitate the heart
- Increase understanding of health concepts
- Decrease stress levels
- Increase quality of life
- Social support system
- Increase overall happiness
- Improve muscular strength
- Lower heart rate / blood pressure

WHAT IS THE NEXT STEP?

Get a Referral:

Ask your family physician or specialist to refer you to the program.

Call the Healthy Heart Program office at (604)412-6440 for more information

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