



West Vancouver Community Services

Health and Fitness

*Healthy Heart
Cardiac Program*

Health and Fitness

Building personal and community health

West Vancouver Aquatic Centre

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westvancouver



Building Confidence
and Healthy Hearts

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building community

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Healthy Heart Cardiac Program

West Vancouver Community Services is committed to providing you with exercise options that will keep your heart healthy. Studies show that people who modify their behaviour and start regular exercise after a heart attack have a better quality of life. The Healthy Heart program is the right one for you to find balanced and safe results from exercise if you live with heart disease.

Incorporating a fitness regime into your weekly or daily routine will not only improve your cardiovascular health, it will improve endurance, increase flexibility and support your social well-being.

The benefits of daily physical activity:

- Reduces the risk of heart disease by improving blood circulation throughout the body
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Helps manage stress
- Relieves tension
- Establishes good heart-healthy habits and counters the conditions that lead to heart attack and stroke later in life.

Whether it's a structured exercise program or just part of your daily routine, physical activity adds up to a healthier heart.

Healthy Heart Cardiac Program – Level One

Healthy Heart is a fully supervised program designed for people who have suffered a heart attack or have recently undergone surgery. If you have just completed a hospital program, this class will help you embark safely on your road to recovery. Your instructor will take a full medical history and then design a program specifically with your needs in mind.

Your program will include strength training, cardiovascular conditioning and flexibility. The program takes place in a small group setting and is a great way for you to interact with people who understand what you have gone through.

Before you begin: Please obtain approval from your physician before starting this program. As a prerequisite, please sign up for a Healthy Heart consultation before starting this program to assess your individual needs and program requirements.

Healthy Heart Cardiac Maintenance Program – Level Two

This class is the follow up to Level One and is perfect if you have advanced beyond the introductory course and wish to continue in a structured, supervised program. Like the first level, the class is fully supervised by a personal trainer and is group-oriented with a maximum of twelve students. The focus will be on strength training, cardiovascular conditioning and flexibility with an aim to give you the confidence necessary so you may eventually workout on your own.

Healthy Heart Consultations

To assess individual needs and health levels, we require that all participants must complete a Healthy Heart consultation prior to beginning Level One. For consultation fees and to book your appointment, please call **604-925-7231** at the Aquatic Centre.