

Champlain LHIN

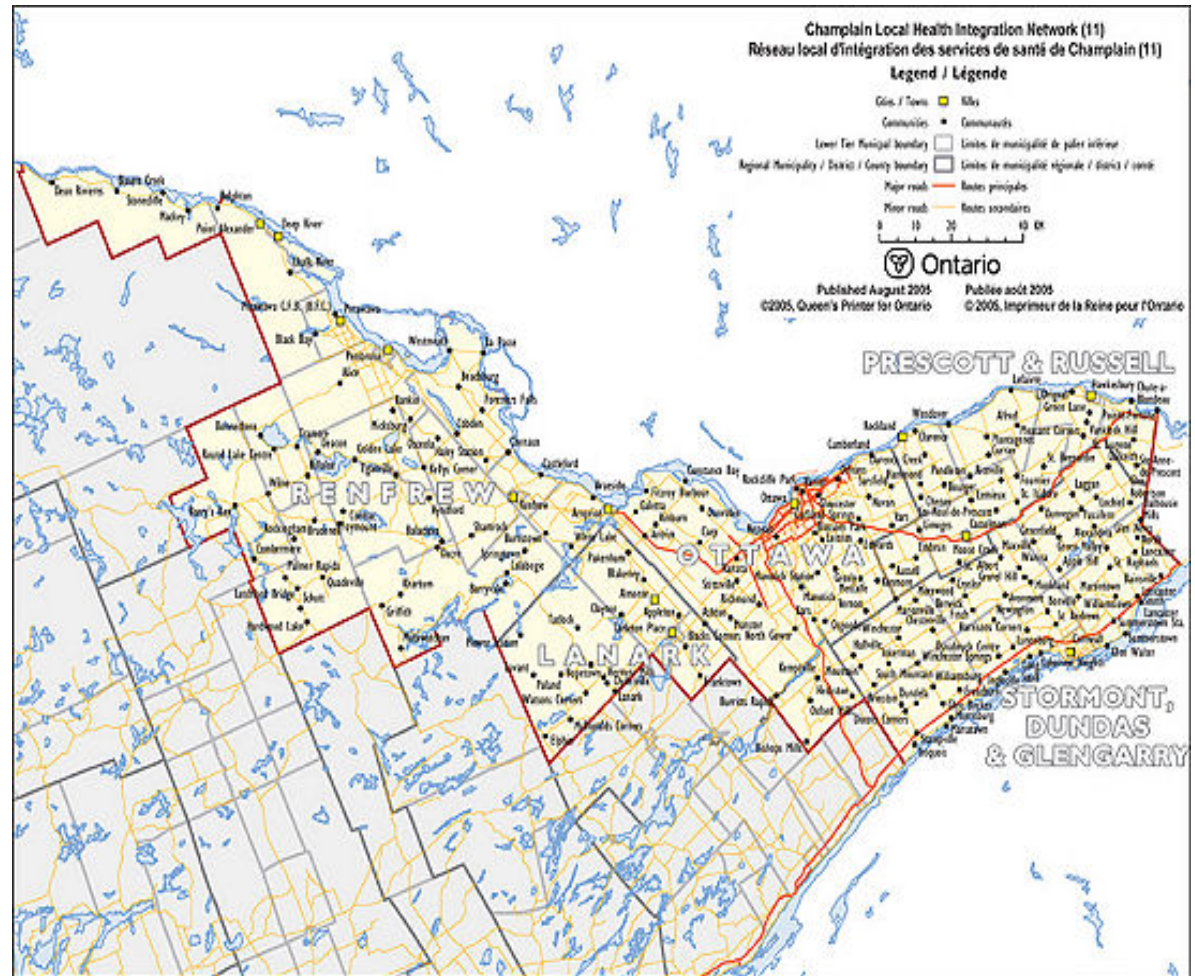
Physical Activity: Community Resources

Introduction

The purpose of this document is to present a list of physical activity offerings within the Champlain Local Health Integration Network (LHIN) based on geographic division and type of program. It is intended as a tool to assist community practitioners in the promotion of physical activity within their patient population.

Physical inactivity is a risk factor for cardiovascular and other chronic diseases. A growing body of evidence demonstrates that health care professionals can effectively increase patients' physical activity levels through brief clinical interventions that include brief advice, provision of written information, and follow up over subsequent consultations.


The recommended level for physical activity is 30 to 60 minutes of moderate physical activity (e.g. brisk walking) on most days of the week.



This information was provided by the network of community partners throughout the Champlain LHIN who are committed to the prevention of chronic disease in our community. The health educators and physiotherapists at the University of Ottawa Heart Institute (UOHI) Division of Prevention and Rehabilitation compiled the information and will plan to update it on an annual basis. If you notice inaccuracies or wish to add a program, please contact the UOHI Heart Health Education Centre at: Phone: 613 761 4753 or 1 866 399 4432; email: hearthealth@ottawaheart.ca


Heart Wise Exercise Programs*

The University of Ottawa Heart Institute has partnered with many organizations throughout the Champlain LHIN to develop safe and appropriate exercise programs for people who have heart disease.

The goal of the Heart Wise  symbol is to visually identify exercise programs that have been designated as meeting the conditions for safety and suitability for people with heart disease.

Heart Wise programs are intended for people who are interested or concerned about their heart health. Individuals who have heart disease will be accepted at designated Heart Wise locations provided they have approval from their doctor.



Heart Wise  designated exercise programs meet the following criteria:

- Encourage regular, daily aerobic exercise
- Incorporate and encourage warm up, cool down and self-monitoring with all exercise sessions
- Allow participants to exercise at a safe level with progressive options to increase intensity if appropriate
- Accept participants with a known history of cardiac disease – provided they have physician approval
- Provide health screening for all participants
- Have an emergency plan that is documented and known to all exercise leaders that includes
 - Mandatory, current CPR certification for all exercise leaders
 - Phone access to EMS and
 - The presence of an automated external defibrillator (AED)

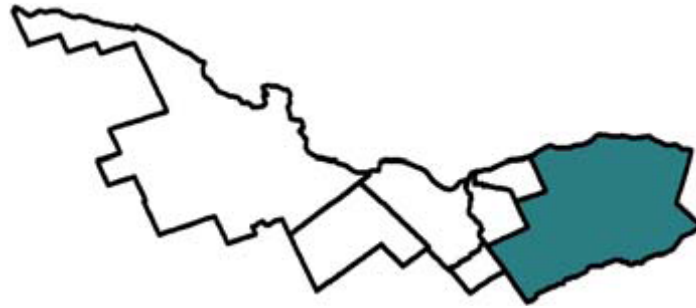
These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.

*This project is supported by the Government of Ontario  Ontario



Programs displaying this symbol are designated Heart Wise programs

Eastern Counties



Pools

| PROGRAM | DESCRIPTION | AUDIENCE | HOURS | COST | CONTACT |
|---|---|-------------------------------|---|--|--|
| Cornwall NavCanada Wellness Centre 1950 Montreal Road, Cornwall | Pool Membership Aqua Fitness | Adult, Senior | Mon - Thurs 5 am-10 pm Fri 5 am – 9 pm Sat – Sun noon-9 pm | Adult \$ 280/year Senior \$ 225/year | 613-936-5024 |
| Cornwall Cornwall Aquatic Centre 100 water Street East, Cornwall | Aquafitness Shallow Water | Senior, Rehabilitation | Varies | Adult \$ 346.50/year Senior \$ 262.50/year Or Senior \$ 33.60 | www.cornwall.ca 613-933-3586 |
| Alexandria Glengarry Memorial Hospital Pool | Large variety of Aqua Fitness classes, Adult Swim, Parent & Baby Swim, Family Swim, Swimming Lessons, and Specialty Aqua Classes. | All | Varies from day to day | Child \$2 Adults \$3 \$5/class | Susan Derby 613-525-5671 |
| Hawkesbury Hawkesbury Recreation and Pool | Low Flow Aqua | Adult, Senior, Rehabilitation | Varies (classes are held 2x/week) | \$62.00/10 week session | 613-632-0160 x2259 |

Exercise Programs

| PROGRAM | DESCRIPTION | AUDIENCE | HOURS | COST | CONTACT |
|---|---|---------------|---|--|--|
| Summit Health & Fitness Club 1515 Pitt Street, Cornwall | 5 Heart Wise classes | Heart Wise | Mon - Fri 8 am-10 pm Sat – Sun 8 am-2 pm | Adult \$ 449 /year Senior \$ 376/year Or Senior \$ 31.33/month | Jason Dennis 613-930-2445 |
| NavCanada Wellness Centre 1950 Montreal Road, Cornwall | Fitness Membership Cardio & fitness room, fitness classes Tennis court, gymnasium & team sports Bicycle rental | Adult, Senior | Mon - Thursday 5am-10 pm Fri 5 am – 9 pm Sat – Sun 8 am-9 pm | Adult \$ 477/year Senior \$ 288/year | 613-936-5024 |
| Physical Limits Fitness Club 120 Ninth Street East, Cornwall | Fitness classes Cardio & fitness room Revolution Weight Loss Clinic | Adult, Senior | Mon – Thurs 4:30am-10pm Fri 4:30 am-9 pm Sat – Sun 8 am-5 pm | Call for membership prices | 613-932-4766 |
| Gray's Creek Conservation Area Off Boundary Road, Cornwall | Open Walking trails | All | open | No cost | www.rrca.on.ca 613-938-3611 |

Personal Trainers

| Name | Address | Email | Phone |
|--------------------|---|--|------------------------------|
| Allen, Kimberly | Fitness For Freedom In home personal training | info@fitnessforfreedom.com | 613-260-2703 |
| Chant, Jonathan | Fitness For Freedom In home personal training | info@fitnessforfreedom.com | 613-260-2703 |
| Dennis, Jason | Summit Health and Fitness Club 1515 Pitt St (Cornwall) | jason@summitfitnessclub.ca | 613-930-2445 |
| Flynn, Kit | Kit Flynn & Associates In-home Personal Training & Nutritional Counseling Website: kitflynn.ca | kit_flynn@rogers.com | 613-729-4653 |
| Lesco, Sandy | Best Western Fitness Trainer/Instructor | lesco@sympatico.ca | 613-735-3534 613-735-0474 |
| Macleod, Danielle | HGMH Pool Full 360 Personal Training | | 613-330-9360 |
| Nott, Julie | | julespft@yahoo.ca | 613-321-4824 |
| Rispoli, Maddalena | Private Contractor | maddli@sympatico.ca | 613-726-6523 |
| Strickland, Melody | | runmelrun@hotmail.com | 613-253-3224 |
| Townshend, Denise | Private Contractor | dtown@nrtco.net | 613-687-5248 |