

Champlain LHIN

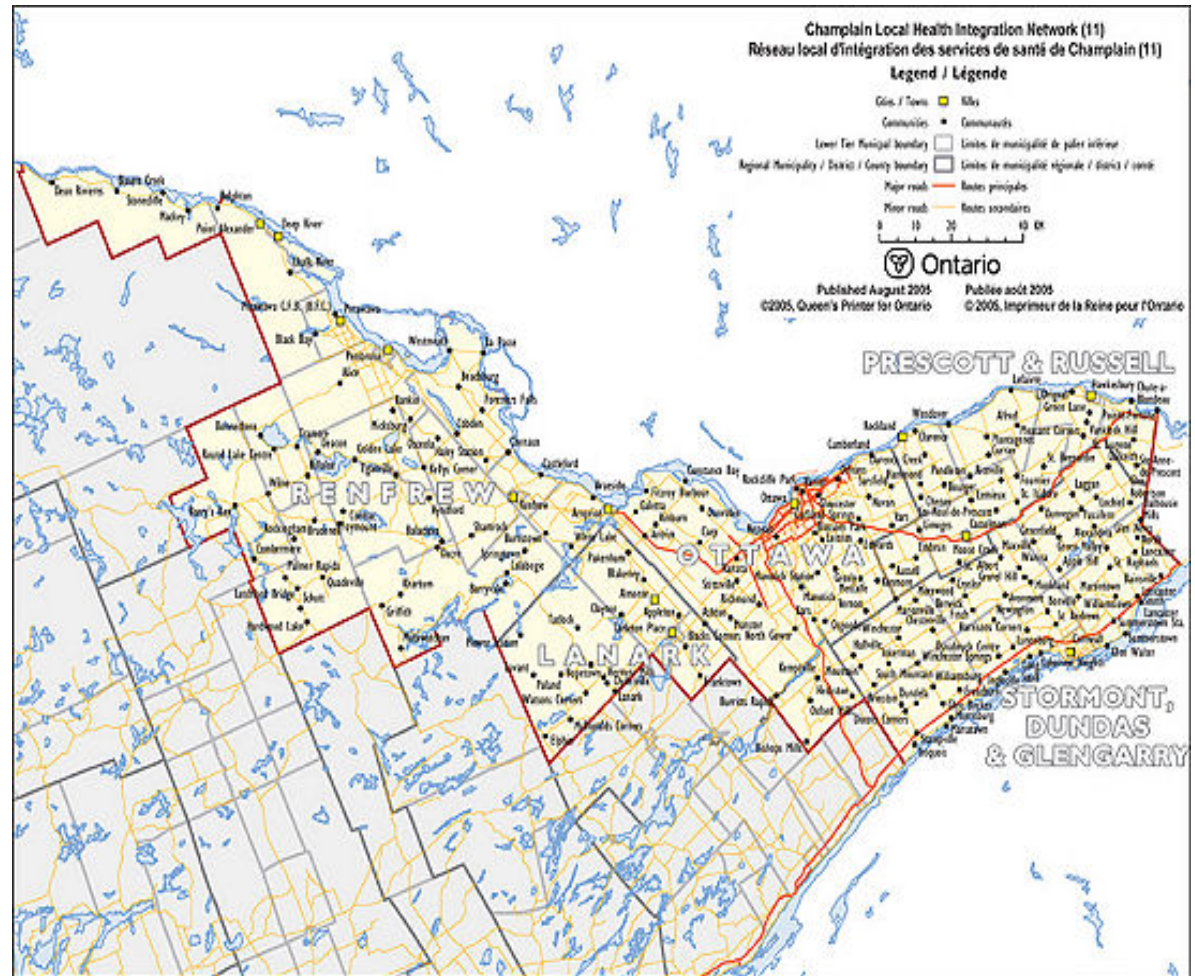
Physical Activity: Community Resources

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)

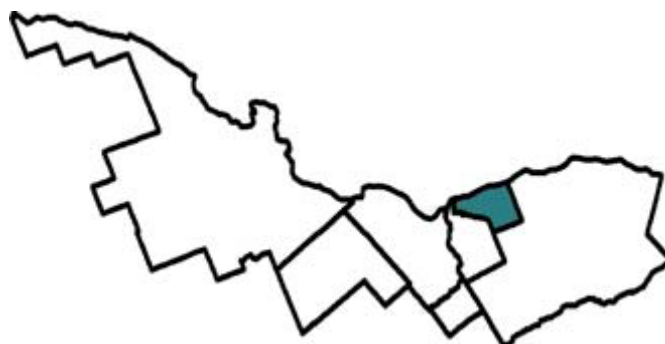
These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.

*This project is supported by the Government of Ontario  Ontario





Programs displaying this symbol are designated Heart Wise programs

Ottawa East







Walking Clubs

| PROGRAM | DESCRIPTION | AUDIENCE | HOURS | COST | CONTACT |
|---|--|------------------------|---|--------------------------------------|---|
| Ottawa Voyageurs Walking Club 2039 Gatineau View Cres. | Outdoor walking | Adults Older adults | Varying times | N/A | Karen Venema 613-731-5417 |
| Place D'Orléans Shopping Centre 110 Place d'Orléans Drive | Indoor Walking | Adults Older adults | Tue – Thurs 8:30 – 10:30am (Only during winter) | \$15 for first yr \$10 thereafter | 613-521-2191 |
| | Informal Mall Walking | Adults Older adults | Varies | Free | Bill Holland 613-824-9563 |
| St. Laurent Shopping Centre Wild About Walking / Friendly Corner 1200 St-Laurent Blvd. |  Indoor Walking | Adults Older adults | Mon, Wed, Fri 7:30 - 10:30 am | \$15.00/year | Jill Sooley Perley 613-745-6850 x308 |
| Club de Marché Santé Centre Richelieu Vanier 300 avenue Pères Blancs | Outdoor walking | Adults Older adults | All Season | Fee | Helene Berthelet 613-580-2424 x28464 |
| Dempsey Walking Club Dempsey Community Centre 1895 Russell Road |  Indoor walking | Adults Older adults | Mon/Wed/Fri 10:30 - 12:00 pm | \$12.50 /year | David Duffy 613-247-4846 |
| Dome at Louis Riel 1659 Bearbrook | Indoor Track Walking + Stationary bikes | Adults Older adults | Varies | Monthly \$35 Seniors \$20 | Sophie 613- 830-1993 |
| Orleans Volkssport Association 1197 Grenoble Crescent | Outdoor Walking | Adults Older adults | Varies | N/A | John Virag 613-830-1995 jvirag@magma.ca |





| PROGRAM | DESCRIPTION | AUDIENCE | HOURS | COST | CONTACT |
|---|---|------------------------|--------------------------------|--|---|
| Ottawa Hostel Outdoor Club 1420 Plumber Avenue | Hiking Club outdoors | Adults Older adults | Varies | N/A | Brenda Briones kenz@playground.net |
| Jack Purcell Community Centre 320 Jack Purcell Lane | Outdoors | Adults Older adults | Spring/Fall | Free | 613-564-1050 |
| | Indoor rehab walking | Adults Older adults | Tues & Thurs 2:15 - 3:15 pm | 1x wk for 10 wks = \$45 , 2x wk for 10 wks = \$70 | Chris Rodgers Nancy Bullis 613-564-1050 |
| Rockliffe Park Recreation Centre 380 Springfield Road | Outdoors – walking 5km | Adults | Wed & Fri 9 – 10 am | \$26 for 10 weeks | Karen Venema 613-580-2424 x36058 |
| | 50+ Walking Outdoor – 2-3km Walks – Fall & Spring | Older Adults | Mon 9 – 10 am | \$2 drop in or Seasonal Rate (which is less) | Karen Venema 613-842-8578 |
| Richelieu-Vanier 300 des Peres-Blanc Ave | Outdoors | Adults Older Adults | Tues & Thurs 9 – 10 am | \$26 for 10w or \$2 for drop in | Karen Venema 613-580-2424 x36058 |
| Running Room Walking Club Running Room (Orleans) 260 Centrum Boulevard | Outdoors | Adults Older adults | Sun 8:30 am Wed 6 pm | Free \$69.99 for 10 weeks | 613-830-7539 |






Pools







| PROGRAM | DESCRIPTION | AUDIENCE | HOURS | COST | CONTACT |
|---|--|------------------------|--------|--|---|
| Bob MacQuarrie Recreation Complex - Orléans 1490 Youville Dr. |  Aquafit Soft This class trains both cardiovascular and muscle conditioning using the waters own natural resistance. | Adults Older adults | Varies | \$6.45 drop in (6 months: \$151) | 613-824-0819 Jean-Marc Lacroix x227 Natalie Kahale x238 |
| |  Acute Aqua An aqua fit program ideal for individuals with fibromyalgia and chronic fatigue syndrome, also suitable for those recovering from an injury or hip/knee replacement. | Adults Older adults | Varies | | |




| PROGRAM | DESCRIPTION | AUDIENCE | HOURS | COST | CONTACT |
|---|--|------------------------|-------------------------------|---------------------------------------|---|
| Sawmill Creek Pool 3380 D'Aoust Avenue |  Aquafitness This class trains both cardiovascular and muscle conditioning using the waters own natural resistance | Adults Older adults | Mon/Wed/Fri 10:3 -11:15 am | \$6.45 drop in (6m: \$151) | Michelle Morissey 613-521-4645 x223 |
| | Aquafit This class trains both cardiovascular and muscle conditioning using the waters own natural resistance | Adults Older Adults | Varies | \$6.45 drop in (6m: \$151) | 613-521-4092 |
| | Lane Swim Lap swimming for youth and adults only | Adults | Varies | \$3.50 drop in | |
| Splash Wave Pool 2040 Ogilvie Rd. | Aquafit Soft This class trains both cardiovascular and muscle conditioning using the waters own natural resistance. | Adults Older adults | Tues/Thurs/Fri Varies | \$6.45 drop-in (6 months \$151) | 613-748-4222 France Teriault- Saumur x223 Philippe Lemire x229 |
| | Aquafit Cardio This class trains both cardiovascular and muscle conditioning using the waters own natural resistance. | Adults Older adults | | | |
| | Lane Swim Lap swimming for youth and adults only | Adults | Varies | \$3.50 drop in | Kristin Tittley x233 |
| St-Laurent Complex 525 Coté St. |  Aquafit This class trains both cardiovascular and muscle conditioning using the waters own natural resistance. | Adults Older adults | Tues/Thurs 2:00 - 2:45 pm | \$6.45 drop in | Daniel Berube 613-742-0147 |
| | Lane swim Lap swimming for youth and adults only | Adults | Varies | \$3.50 drop in | Kevin Westerberg 613-742-5828 |
| Ray Friel Centre 1585 Tenth Line Rd., Orléans | Aquafit (Various classes) This class trains both cardiovascular and muscle conditioning using the waters own natural resistance. | Adults Older adults | Mon/Wed/Fri 9:45 am | \$6.45 drop in (6 months \$151) | 613-830-2747 Tosha Rhodenizer x231 |
| | Lane swim Lap swimming for youth and adults only | Adults | Varies | \$3.50 | Janet McGeein x228 |

Low Intensity Exercise Programs

| PROGRAM | DESCRIPTION | AUDIENCE | HOURS | COST | CONTACT |
|--|---|------------------------|---------------------------|-------------------------|------------------------------|
| Beacon Hill Community Centre 2339 Ogilvie Rd. |  Older Adult Fitness Muscle toning, cardiovascular conditioning and some flexibility will be featured. | Older adults | Tues 9:15 - 10:15 am | \$78 for 15 classes | Roger Seguin 613-748-9457 |
| Bob MacQuarrie Recreation Complex 1490 Youville Dr., Orleans |  Gentle Fitness A gentle approach to fitness including strength, cardio and flexibility while taking into consideration limits due to joint movement, arthritis, osteoporosis, etc. | Adults Older adults | Mon/Wed 1:00 - 2:00 pm | \$150 for 14 classes | J. Steers 613-824-0819 |
| Overbrook-Forbes Community Centre 120-225, rue Donald Street | Tai Chi - Level 1 A gentle, peaceful way to tone and strengthen your body as well as improve concentration, co-ordination and balance. The slow, graceful movements calm the mind and energize the body. | Adults Older adults | Tues 6:00 - 7:00 pm | \$59.50 | 613-745-0073 |
| Ray Friel Centre 1585 Tenth Line Rd. | Variety of classes | Adults Older adults | Varies | \$7.50 drop in | 613-830-2747 |
| Rideauview Community Centre 4310 Shoreline |  Tai Chi A gentle, peaceful way to tone and strengthen your body as well as improve concentration, co-ordination and balance. The slow, graceful movements calm the mind and energize the body. | Adults Older adults | Fri 1:30 - 2:30 pm | \$47 for 10 classes | 613-822-7887 |
| |  50+ Weight training For the mature adult who wants to enhance physical and psychological well being. | Adults Older adults | Thurs 10:00 am | | |

| PROGRAM | DESCRIPTION | AUDIENCE | HOURS | COST | CONTACT |
|--|--|------------------------|--|--------------------------|-------------------------------|
| St-Laurent Complex 525 Coté. St. |  50+ aerobics Very low impact exercising using aerobics, stretching, flexibility and weight-bearing exercises. | Adults Older adults | Mon – Sun 10:15-11:15 am Wed 9:00- 10:10 am | \$7 drop in 6m: \$149 | B. Robitaille 613-742-3464 |
| |  Yogalates Pilates gives core stability and dynamic function, while yoga adds strength, flexibility, and spiritual awareness. Blend the ancient and modern for a holistic and intelligent approach to wellness of mind, body and breath. | Adults Older adults | N/A | \$88 1x/wk for 8 wks | |
| | Yogalates Pilates gives core stability and dynamic function, while yoga adds strength, flexibility, and spiritual awareness. Blend the ancient and modern for a holistic and intelligent approach to wellness of mind, body and breath. | Adults Older adults | Thurs 7 pm Sun 11am | \$50 for 7 classes | |
| |  50+ Low Impact A low to mid-level aerobics class designed for participants 50+. Includes muscle toning and flexibility exercises. | Adults Older adults | Mon 10:15 am | | |
| |  Low Impact - Strength & Tone A low to mid-level aerobics class including muscle toning and flexibility exercises. | Adults Older adults | Tues 5:00 pm | | |
| |  50+ Strength & Tone Muscle toning and strengthening and a comprehensive stretching routine are an integral part of your workout. | Adults Older adults | Tues/Thurs 10:15 am | | |

| PROGRAM | DESCRIPTION | AUDIENCE | HOURS | COST | CONTACT |
|---------|--|--------------------------------|-------------------------|------|---------|
| |  <p>Strength & Tone with Flexibility Safely increase your flexibility and strength using hand-weights, exercise bands, etc.</p> | <p>Adults Older adults</p> | <p>Wed 9:00 am</p> | | |
| |  <p>Flexibility Do you hold tension? Have tight muscles? You will stretch every part of the body and relax those tight muscles as you improve your flexibility. A relaxation component at the end of the class will leave you with a relaxed body and mind and a refreshed outlook.</p> | <p>Adults Older adults</p> | <p>Thurs 5:00pm</p> | | |
| |  <p>Core Conditioning Pilates-style classes strengthen the body's core muscles, increase flexibility, and help posture using a mat work.</p> | <p>Adults</p> | <p>Sun 10:00am</p> | | |
| |  <p>50+ Low Impact- Core Condition Low impact aerobics with a combination of free weights and core strengthening taught in a group fitness class.</p> | <p>Adults Older adults</p> | <p>Fri 10:15am</p> | | |
| |  <p>Strength & Tone Muscle toning and strengthening and a comprehensive stretching routine are an integral part of your workout.</p> | <p>Adults Older adults</p> | <p>Sat 10:15am</p> | | |
| |  <p>Indoor Cycling Intro Discover the world of indoor group cycling. Learn the basic routine and improve your strength and aerobic base.</p> | <p>Adults Older adults</p> | <p>Tues 6:30 pm</p> | | |

| PROGRAM | DESCRIPTION | AUDIENCE | HOURS | COST | CONTACT |
|---|---|------------------------|--|--|--|
| The Friendly Corner 1200 St-Laurent Blvd. |  Strength Training A complete and gentle workout don seated to lively music. Includes light strength training. | Older adults | Tues 10:00-11:00a.m Thurs 1:00-2:00pm | \$12 | Betty Ann Hamilton 613- 580-6744 x26189 |
| YMCA-YWCA Orleans 265 Centrum Blvd. |  Y50 Classes consist of safe and gentle exercises designed to address the fitness needs of mature adult and special populations. May include any of the following: Low and weight, low and ball, total muscle conditioning, low and stretch, walking and weights. | Adults Older adults | Mon/Wed/Fri 10:45-11:45 am | \$6.00 drop in Memberships available | Serge Tremblay 613-830-4199 |
| |  Learn Yoga Relax your body and mind. Various stretching postures to help tone your muscles, improve circulation and get a boost of energy. | Adults Older adults | Tues/Thurs 10:45-11:45 am | | |

Individualized Exercise Options

| PROGRAM | DESCRIPTION | AUDIENCE | HOURS | COST | CONTACT |
|---|---|-------------------------|--------------------|------|--------------------------------|
| Overbrook Community Centre 120-225, rue Donald Street | Women Alive – French only Physical activity program for women on limited income. | Women on limited income | Monday 6 – 7 pm | N/A | 613-745-0073 |
| YMCA-YWCA Orleans 265 Centrum Blvd. | Individual Conditioning Consultation A one-on-one personal consultation and two program updates to assist you in getting started and to help maintain your exercise program. | Adults Older Adults | Varies | N/A | Serge Tremblay 613-830-4199 |

Personal Trainers

| Name | Address | Email | Phone |
|---------------------|--|--|--|
| Allen, Kimberly | Fitness For Freedom | In home personal training | info@fitnessforfreedom.com |
| Bélanger, Cathy | Bob MccQuarrie Recreation Complex 1490 Youville Dr.(Orléans) | cathy.belanger@gmail.com | 613-837-8337 |
| Julien, Sherry | YMCA-YWCA Orleans 265 Centrum Blvd. (Orléans) | sherryjulien@rogers.com | 613-830-8954 |
| Kittelberg, Marian | Bob MccQuarrie Recreation Complex 1490 Youville Dr.(Orléans) | marian.kittleberg@ottawa.ca | 613-824-0819 x230 |
| Quenneville, Hélène | Bob MccQuarrie Recreation Complex 1490 Youville Dr.(Orléans) | fit4life@sympatico.ca | 613-834-4277 |
| Steers, Jennifer | Bob MccQuarrie Recreation Complex 1490 Youville Dr.(Orléans) | jennifer.steers@ottawa.ca | 613-824-0819 x228 |
| Tremblay, Serge | YMCA-WMCA 265 Centrum Blvd.(Orléans) | stremblay017@sympatico.ca | 613-834-2330 |