

Champlain LHIN

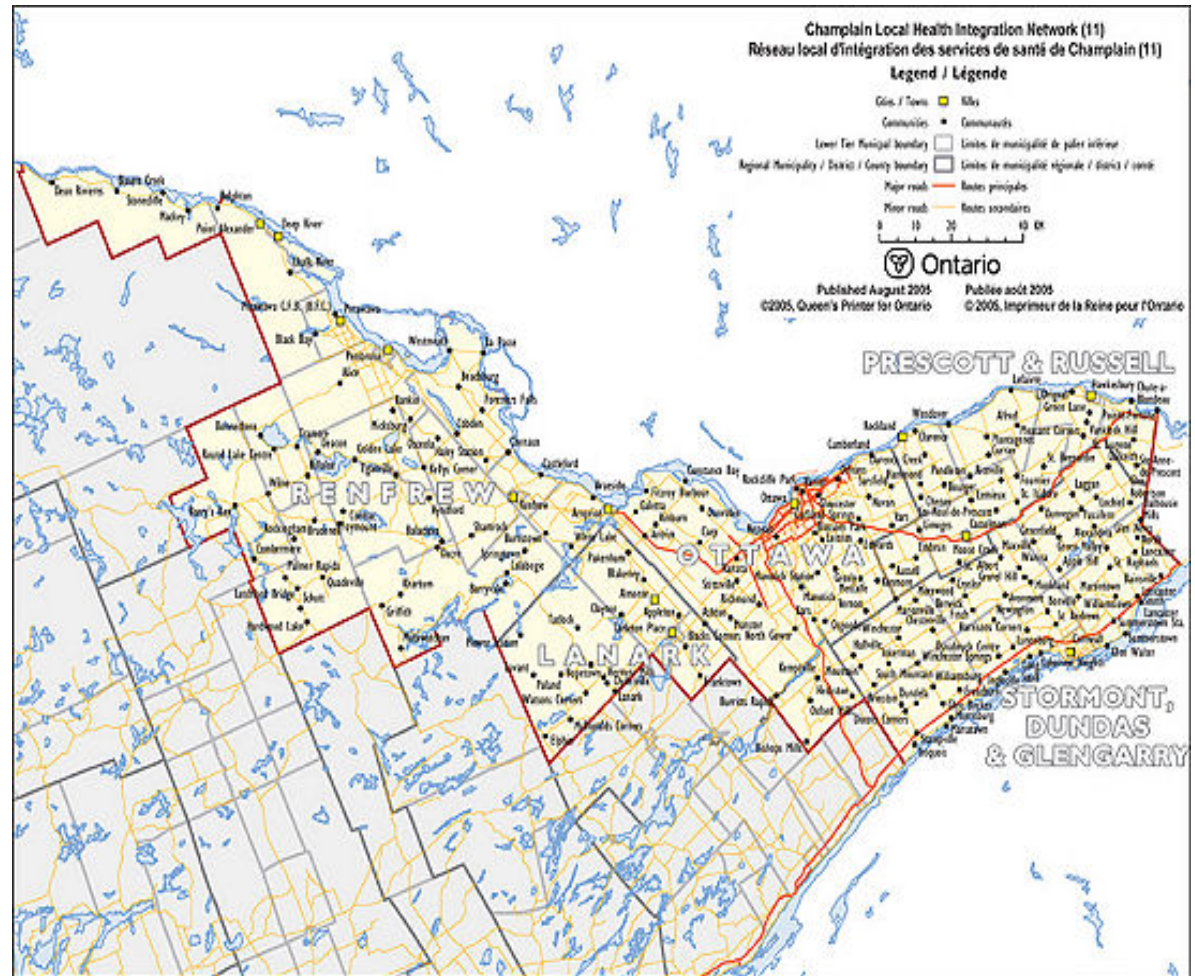
Physical Activity: Community Resources

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)

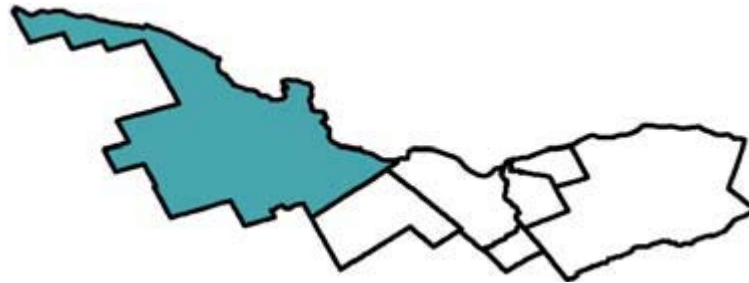
These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.

*This project is supported by the Government of Ontario  Ontario



Programs displaying this symbol are designated Heart Wise programs

Renfrew County



Arnprior

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Arnprior Community Pool Nick Smith Centre 77 James Street Arnprior	Adult swims and aquafit classes.	Adults Older Adults	Call for Times	\$2.75	Jay Koch 613-623-7301

Beachburg

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Whitewater Bromley Community Health Centre 20 Robertson Dr.	Footsteps Walking Program	Adults Older adults	Tues & Thurs 12-12:35 pm	Free	Lara Mylly 613-582-3685
	Senior Fitness Program – Fun, Fit, Fully Active	Older adults	Various by location	Varies	

Deep River

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Mackenzie High School 87 Brockhouse Way	Get W.I.T.H It! Walking Club- Indoor Walking	Adults Older Adults	Tues & Thurs 6:00 - 8:00 pm Dec – Mar	Free	Lesley Levinski or Karen Hanright 613-584-3148
Deep River Community Pool 87 Brockhouse Way Deep River	Adult swims, aquafit and aquajog classes.	Adults Older Adults	Mon – Fri 11:30 - 12:45 pm Sat & Sun 5:00 - 6:00 pm Other Times Available	\$3.00	Sara Hosbons 613-584-2112

Killaloe

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Killaloe Public School Gym 100 Queen Street Killaloe	Adult Fitness Program	Adults Older Adults	Thursdays 3:15-4:15pm Fall, Winter, Spring Sessions	Varies	Kathy Blomquist 613-757-0004

Pembroke

Walking Clubs

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Fellowes High School 420 Bell St.	Get W.I.T.H It! Walking Club - Indoor Walking	Adults Older Adults	Mon & Wed 5:30 - 7:00 pm Dec – Mar	Free	Tracy Gilchrist 613-732-1635
Pembroke Mall 1100 Pembroke St. East	Indoor mall walk	Adults Older Adults	Mon - Fri 9:30 am - 9:00 pm	Free	613-735-0060
Pembroke Memorial Centre 393 Pembroke St. West	Indoor Walking Club	Adults Older Adults	Varying Times	Free	613-735-6821 x1501

Renfrew County

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Renfrew County & District Health Unit 7 International Dr.	Outdoor Walking Club	Adults	Varying Times and Locations	Free	Brian Brohart 613-735-8651 x545
West End Mall 1200 Pembroke St. West	Mall Walk	Adults Older Adults	Mon - Fri 9:30 am - 9:00 pm	Free	613-735-0638
Best Western Fitness Centre 1 International DR	Supervised gym	Adults Older Adults	6:30 a.m. to 10:30 p.m	\$48/month	Tammy Blackmore 613-735-0474

Pool Facilities

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Kinsmen Pool 424 Herbert St. Pembroke	Open swims and adult lane swims.	Adults Older Adults	11:30 - 1:00 pm 8:00 - 9:00 pm	\$4.00	Susan Lance 613-735-6821 x1506
Best Western Fitness Centre 1 International DR	Various aquafit classes and open swim	Adults Older Adults	6:30 a.m. to 10:30 p.m	\$37/month for pool & \$65 for 10 aquafit classes	Sandy Lesco or Tammy Blackmore 613-735-0474

Petawawa

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
CFB Petawawa Aquatics Centre 51 Festubert Boulevard	Open swims and aquafit classes.	All ages	Varying depending on program	\$5.00	Jessica Merten 613-687-5511 x7946

Renfrew County

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Renfrew County & District Health Unit	Outdoor Walking Club	Adults	Varying Times and Locations	Free	Theresa Mann 613-432-5853

Renfrew County

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
RCAF 433 Champlain Wing 164 Argyle St. Renfrew	Indoor Walking	Adults Older Adults	Varying Times	Free	613-432-4485

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
Flynn, Kit	Kit Flynn & Associates In-home Personal Training & Nutritional Counseling Website: kitflynn.ca	kit_flynn@rogers.com	613-729-4653
Grosklag, Terry Ann	Barry;s Bay, Palmer Rapids, Bancroft, Golden Lake Health Centre Independent Trainer & Instructor	client.intake@pikwakanagan.ca	613-758-2254 613-625-2259
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
Miller, Nancy	Hudson & West Island, Quebec	family179@videotron.ca	450-458-2146
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
Vaillancourt, Paul	Ultimate Fitness (Renfrew & Arnprior)	paul@ultimatefitnessgyms.com	613-433-8282 613-623-9726