



COMMUNITY RESOURCES – PHYSICAL ACTIVITY

The Champlain District is home to many physical activity programs and services including exercise facilities, walking programs, and recreation programs. The following is a short summary of what is available in our community. For a more detailed list of all the programs and services offered (program description, cost, location, hours, and contact information), please refer to the *Physical Activity – Community Resources* companion document where you will find all the physical activity programs and services in the Champlain LHIN divided by geographic area (Ottawa, Eastern Ontario, Renfrew, and Leeds, Grenville & Lanark).

INDOOR/ OUTDOOR WALKING CLUBS

There are a variety of walking clubs around Ottawa and throughout the Champlain District. Walking clubs are usually a supportive group of people who meet at different locations and times across the Champlain region to walk for fun and health. There are no age limits or prerequisites and most memberships are free. Some walking clubs are held indoors and others are outdoors depending on the season.

POOL FACILITIES

Indoor swimming pool programs for adults and older adults include lane swimming and a variety of low intensity aqua-fitness classes.

LOW INTENSITY EXERCISE PROGRAMS

Community-based exercise programs are available for adults and older adults starting an exercise program or recovering from an injury. All group classes focus on cardiovascular and muscle conditioning in a fun and safe atmosphere.

INDIVIDUALIZED EXERCISE PROGRAMS

These exercise programs are tailored to a variety of audiences including:

- Individuals from diverse cultural communities
- New moms and moms-to-be
- Adult hockey players
- Women with limited income
- Older adults with osteoporosis

SPORTS ASSOCIATIONS

You will find a list of diverse sports organizations catering to different age groups and various interests such as:

- Cycling
- Curling
- Rowing
- Cross-country skiing
- Tennis

HEART WISE EXERCISE PROGRAMS

Heart Wise programs are intended for participants who are interested or concerned about their heart health. Heart Wise 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 and have progressive options to increase intensity, if appropriate;
- Accept participants with a known history of cardiac disease, provided they have physician approval; and,
- Provide health screening for all participants.