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Are you ready to improve your quality of life?

A robust body of evidence has found the benefits of cardiac rehabilitation to include a reduction in heart-related illness and death, a reduction in risk of hospitalization, and improved health outcomes such as quality of life and emotional well-being (Anderson et al., 2016). The goal of the Healthy Heart Program is to support participants to gain skills and independence in managing medical needs, along with diet and lifestyle modifications that can lead to a stronger heart and better health. The Healthy Heart Program is your local key to taking control of your health.

Anderson, L., Oldridge, N., Thompson, D. R., Zwisler, A. D., Rees, K., Martin, N., & Taylor, R. S. (2016). Exercise-Based Cardiac Rehabilitation for Coronary Heart Disease: Cochrane Systematic Review and Meta-Analysis. *Journal of the American College of Cardiology*, 67(1), 1–12.

Program Location

Westwinds Senior Living
38275 3rd Ave.
Squamish, BC

Time

Thursdays 10:00 AM to 12:15 PM
Intake in January, April and September

Fees

\$80 for 8 week program

To Register Contact:

Sea to Sky Healthy Heart Program
Squamish Health Unit
1140 Hunter Place
Squamish, B.C. V8B 0A2

Healthy Heart Intake

Phone: 604-892-2293

Fax: 604-892-2327



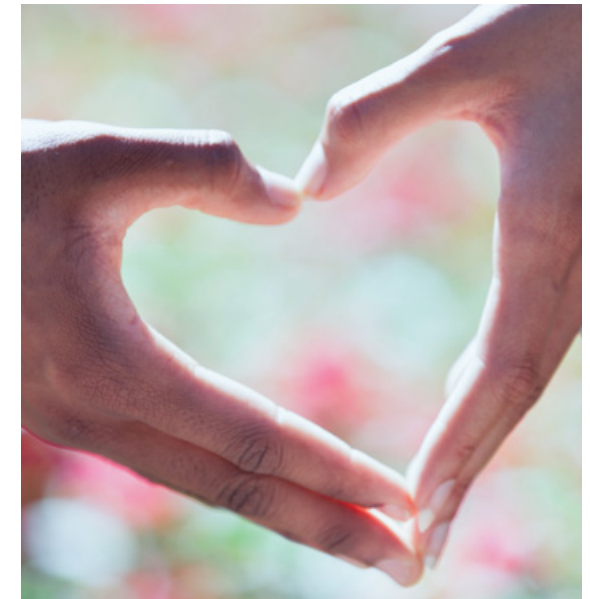
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Sea to Sky Healthy Heart Program

Taking Control of Cardiovascular Risk



What is the Sea to Sky Healthy Heart Program?

The Sea to Sky Healthy Heart Program is a rehabilitation program for people with chronic diseases such as cardiovascular disease or diabetes, or for those requiring risk factor modification.

Participants will attend an **8-week** program that will be lead by a Physiotherapist who will provide a personalized exercise evaluation and plan and a Registered Nurse who will facilitate group education sessions and self-management counseling. A Registered Dietitian will also provide group education and facilitate dietary changes when necessary.

Participants will require a referral from their Physician or Cardiologist and intake for the program will be completed by a multidisciplinary team including a Specialist in Internal Medicine.

Upon completion of the program participants will have learned the necessary skills to better manage their own health condition.



Exercise Program

Resuming and maintaining an active lifestyle after being diagnosed with a chronic disease can be a significant challenge for many people. Often a hands on experience is needed to feel confident about “just doing it.” The Healthy Heart Program provides a weekly 60 minute supervised exercise session that may consist of:

- Seated warm-up exercises
- Aerobic activity-bike or treadmill walking
- Light weights and balance exercises
- Stretching
- Relaxation training

Upon completion of the exercise component of the program participants will be able to resume a community based active lifestyle with confidence.

Education Program

Education is the key to increase understanding of disease processes and symptom management. The education program will be done in a group atmosphere and will include a variety of topics which may include:

- Prevention or management of cardiovascular disease and diabetes
- Healthy nutrition and cholesterol reduction
- Self-management techniques – action plans, problem-solving
- Stress management
- Smoking cessation

All educational instruction will also be supplemented with written resource materials.

