

# UOHI Cardiac Rehab Graduation Resources

## Heart Institute Cardiovascular Rehabilitation Top 10 Tips and Guides

- Top 10's: [ottawaheart.ca/rehab-top-10-tips](https://ottawaheart.ca/rehab-top-10-tips)
- Guides: [ottawaheart.ca/cardiac-rehabilitation-guides](https://ottawaheart.ca/cardiac-rehabilitation-guides)

## Graduate Virtual Platform

- As a graduate of our cardiac rehab programs, you are eligible to join our graduate Virtual Platform for free.
- This platform gives you access to tools that help you track your health behaviours and risk factors, access heart health information and more.
- To register please send an email to [virtualcare@ottawaheart.ca](mailto:virtualcare@ottawaheart.ca).

## Women@Heart

- Led by women with heart disease, this peer support program runs virtually or in-person (as public health measures allow).
- Visit [pwc.ottawaheart.ca/virtual-groups](https://pwc.ottawaheart.ca/virtual-groups).

## Patient Support Groups and Classes

- Find information about these additional support groups on our website ([ottawaheart.ca/patient-support-groups](https://ottawaheart.ca/patient-support-groups)):
  - o Implantable Cardioverter Defibrillator (ICD) Support Group
  - o Ottawa Heart Support Group, Ottawa Heart Institute Patient Alumni
  - o Heart Failure Support Group: email [hfsupport@ottawaheart.ca](mailto:hfsupport@ottawaheart.ca)
- Check out any of the Heart Institute's educational classes – even if you've already attended in the past. Visit [ottawaheart.ca/patient-and-caregiver-classes](https://ottawaheart.ca/patient-and-caregiver-classes).

## Living Healthy Champlain

- Living Healthy Champlain provides self-management supports, programs and resources for people with chronic conditions. There are group workshops, recorded and live webinars and one on one health coaching.
- Visit [livinghealthyhamplain.ca](https://livinghealthyhamplain.ca).

## Unlock Food

- A website brought to you by Dietitians of Canada where you will find information on nutrition, food and healthy eating, as well as [recipes](#), [videos](#) and online tools
- Visit [unlockfood.ca](https://unlockfood.ca).

## **HeartWise Exercise**

- Exercise programs in the community led by instructors trained by UOHI staff.
- Available online and in-person (as health measures allow). Free and paid options.
- Visit [heartwise.ottawaheart.ca](http://heartwise.ottawaheart.ca) to learn more and find a location near you.

## **HeartWise Webinars**

- A series of free webinars hosted by the UOHI on a variety of heart-healthy topics.
- Join in on the last Friday of every month for an exercise class suitable for all.
- You can sign up to receive emails about upcoming sessions.
- Visit [pwc.ottawaheart.ca/education/heartwise-webinars](http://pwc.ottawaheart.ca/education/heartwise-webinars).

## **HeartWise Exercise Application:**

- Designed for cardiac rehab graduates or anyone looking to start an exercise program.
- This FREE web-based application provides personal daily exercise prescription.
- Visit [heartwiseapp.ottawaheart.ca](http://heartwiseapp.ottawaheart.ca).

## **Champlain Health Line Exercise Classes for Seniors**

- Free exercise classes for seniors.
- Visit [champlainhealthline.ca/libraryContent.aspx?id=20751#Ottawa](http://champlainhealthline.ca/libraryContent.aspx?id=20751#Ottawa).

## **Exercise videos from our Rehabilitation Centre**

- Low intensity, mostly seated exercise: [youtube.com/watch?v=WRibWCiqrg4](https://youtube.com/watch?v=WRibWCiqrg4)
- Moderate intensity exercise:
  - o [youtube.com/watch?v=Wuoc6biJWA&list=PLZXJNcPSfkWRh1FjH35pD4Fm\\_JEft9YYD&index=4](https://youtube.com/watch?v=Wuoc6biJWA&list=PLZXJNcPSfkWRh1FjH35pD4Fm_JEft9YYD&index=4)
  - o [youtube.com/watch?v=WRibWCiqrg4](https://youtube.com/watch?v=WRibWCiqrg4)
  - o [youtube.com/watch?v=TtVI8IECpn0&list=PLZXJNcPSfkWRh1FjH35pD4Fm\\_JEft9YYD&index=5](https://youtube.com/watch?v=TtVI8IECpn0&list=PLZXJNcPSfkWRh1FjH35pD4Fm_JEft9YYD&index=5)