



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA

**HEARTWISE WEBINAR SERIES**

# HEART WISE EXERCISE

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University of Ottawa Heart Institute





How did  
it start?



Purpose



Criteria



Does it  
work?



# MODULE AGENDA



## **COMMUNITY EXERCISE PROGRAMS:** Powerful Prevention Strategy

- Lower CVD risk
- Provides safe environment
- Enables social connections
- Facilitates self management
- Promotes long term exercise



SURGERY



CARDIAC REHAB  
12-WEEK  
PROGRAM



EXERCISE IN  
COMMUNITY (HWE)



**2007:** UNIVERSITY OF  
OTTAWA HEART INSTITUTE



**To identify exercise programs** that allow our clients to feel comfortable exercising in their community



**To identify exercise programs** that allow our clients to feel comfortable exercising in their community

**To share** best practices



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**To facilitate transition** from patients to clients to lifetime community exercisers



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**To identify exercise programs** that allow our clients to feel comfortable exercising in their community

**To share** best practices

**To facilitate transition** from patients to clients to lifetime community exercisers

**To promote** self-management

**To develop** a strong community network



- Hallmark of HWE
- Each program **must meet** these 6 criteria in order to be a designated HWE facility



1. Encourages daily, regular aerobic exercise



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2. Encourages and incorporates warm up, cool down and self-monitoring with all exercise sessions



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3. Allows participants to exercise at a safe level and offers options to modify intensity



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5. Offers health screening for all participants



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4. Includes participants with chronic health conditions (physician approval may be required)
5. Offers health screening for all participants
6. Has a documented emergency plan that is known to ALL exercise leaders, including the requirement of current CPR certification, phone access to local paramedic services and presence of an AED



## HEART WISE EXERCISE | 6 CRITERIA OF HWE



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- Patient/participant
- Health care providers
- Fitness professionals
- Policy makers/funders
- Public

## "A closer look at meeting the exercise needs of your clients with chronic conditions"


The Heart Wise Exercise Training combines self-directed online learning with live in-person sessions (where available) that are designed to present best practice guidelines and create connections between health care practitioners and the fitness community. The Training Program includes an optional exam at the completion of training. Experts are available (in-person or by email) to answer any questions.

### ***The content includes:***


- HWE program overview
- Introduction to CVD
- Introduction to coronary interventions
- Exercise and the cardiac participant
- Diabetes and Exercise – Updated!
- Exercise and Dementia
- Motivating Clients to Exercise
- Exercise and bone health
- Exercise, Stroke and TIA
- Exercise and COPD
- Health Canada AQHI
- Exercise and Cancer
- OA: Increasing Long-Term Participation in PA



# **HEART WISE EXERCISE TRAINING PROGRAM**



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DE L'UNIVERSITÉ D'OTTAWA



Heart Wise Exercise  
Corps à cœur


Email or Employee ID:

Password:

[forgot password](#)

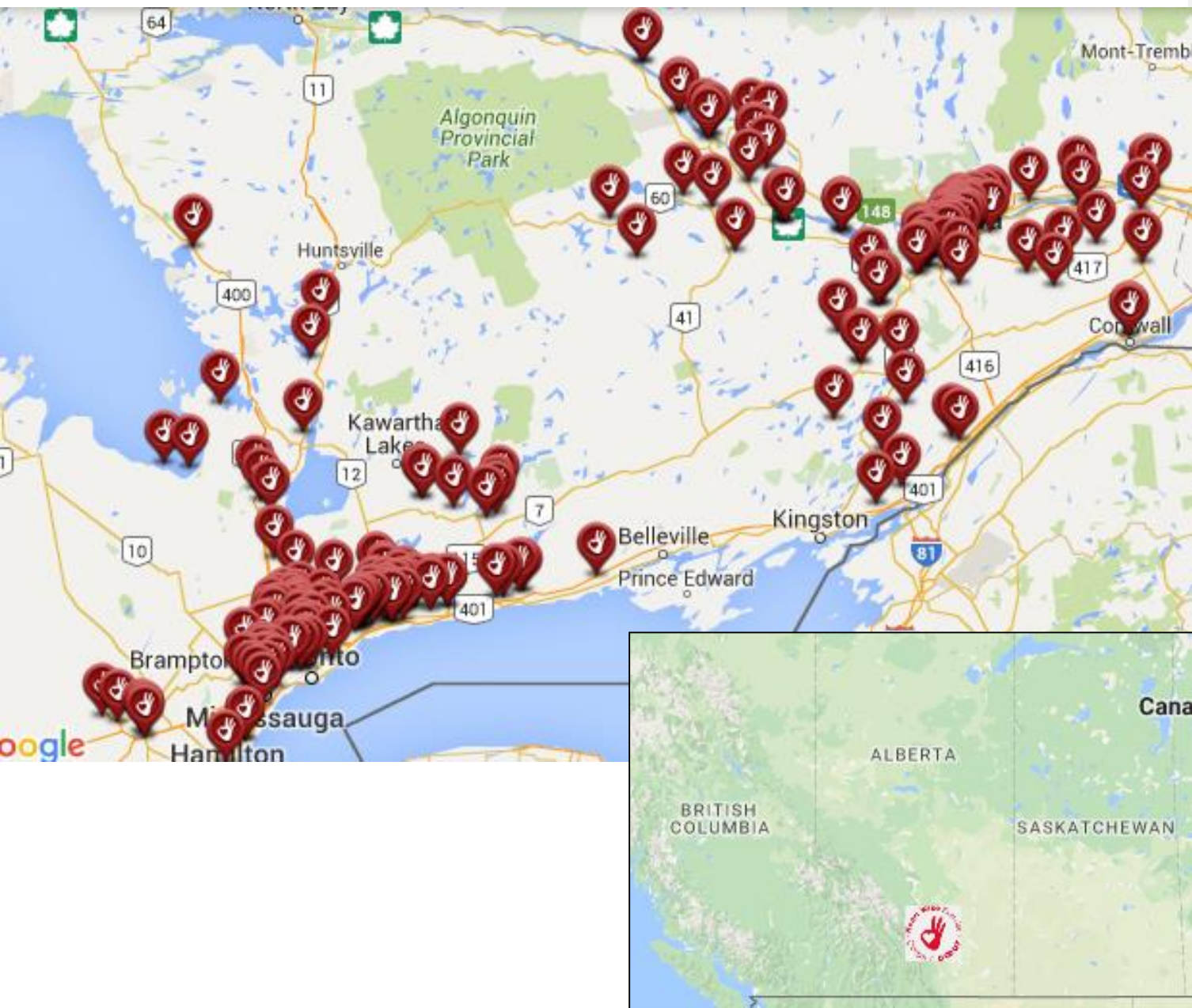
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# HEART WISE EXERCISE TRAINING PROGRAM



<b>Number of HWE Sites</b>	<b>&gt;200</b>
<b>Number of Regional Coordinating Centres</b>	<b>7</b>
<b>Number of persons trained in HWE Training Program</b>	<b>&gt;1700</b>
<b>Number of free HWE programs</b>	<b>&gt;50</b>

RESEARCH ARTICLE

Open Access

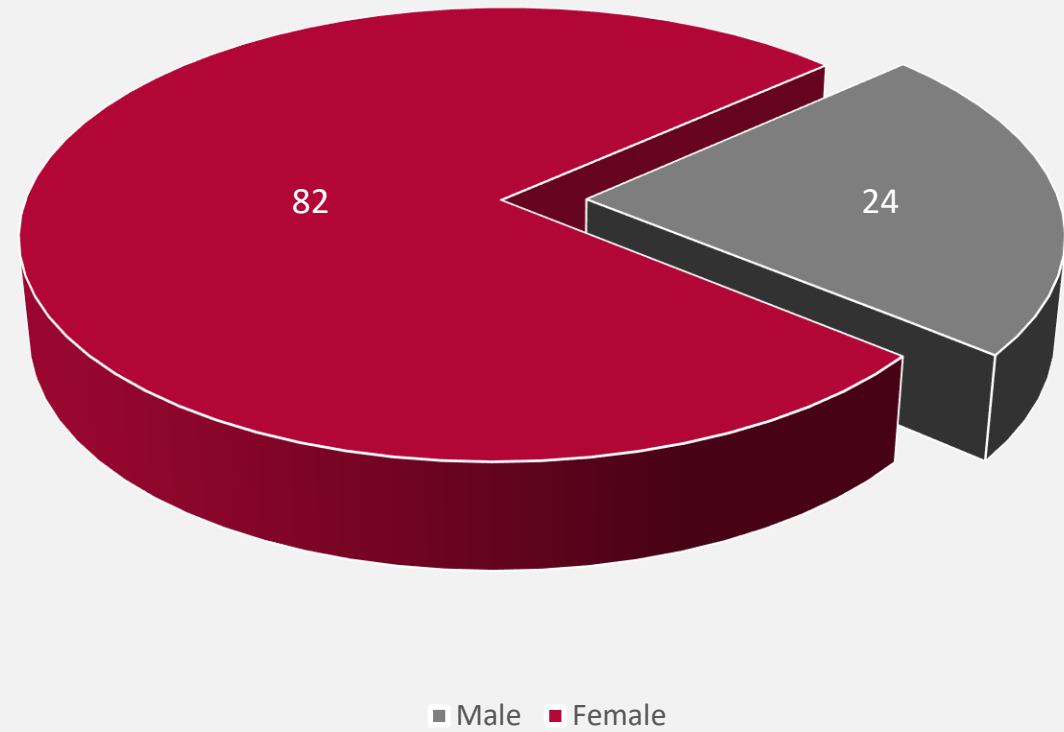
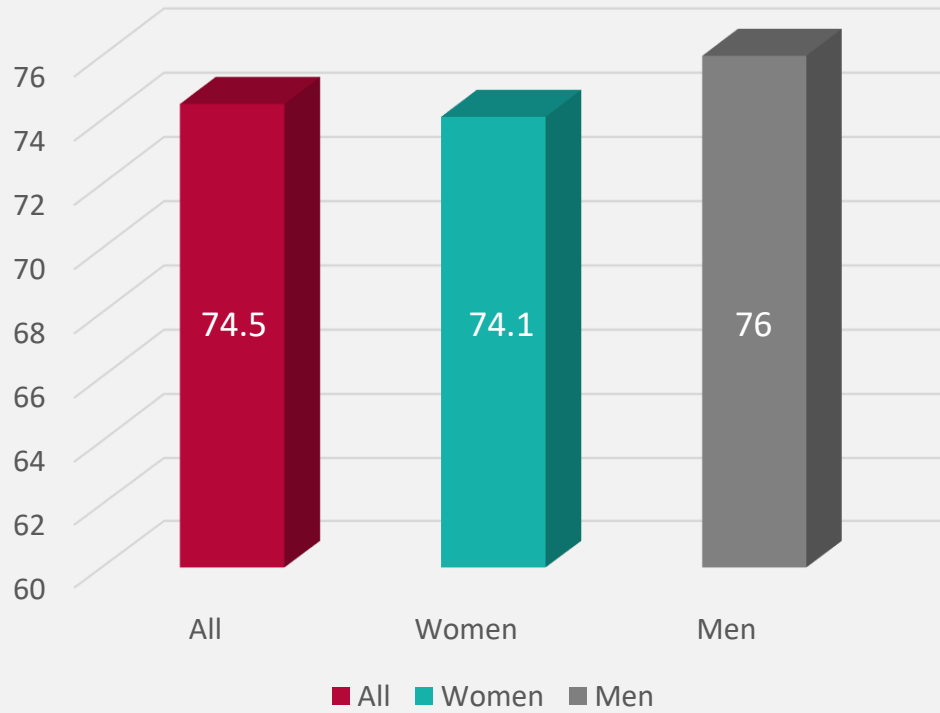
## Evaluating the Heart Wise Exercise™ program: a model for safe community exercise programming



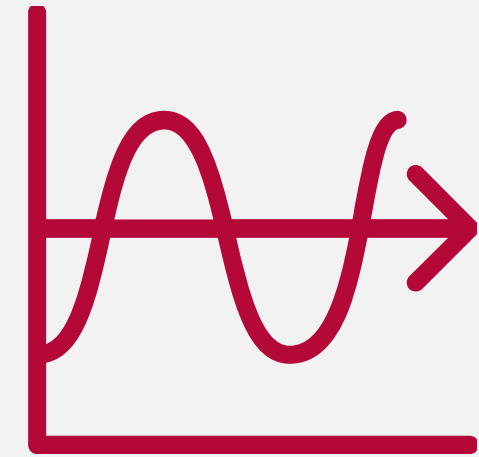
Jennifer L. Reed<sup>1\*</sup>, Jennifer M. Harris<sup>1</sup>, Liz Midence<sup>2</sup>, Elizabeth B. Yee<sup>2</sup> and Sherry L. Grace<sup>2,3</sup>

## **HWE EVALUATION PUBLISHED IN 2016: BMC PUBLIC HEALTH**

- Average age was 60, ranging up to 86, 86% female
- Participants are highly satisfied with the program.
- Classes met the six HWE criteria (with only a few exceptions)
- Participants chronic health conditions and/or with risk factors for heart disease.
- Fitness Leaders reported confidence and knowledge in the area of exercise in chronic disease.



Condition	Overall
Heart disease	17.0%
Stroke	5.7%
Diabetes/pre-diabetes	13.2%
Lung disease	4.7%
Osteoporosis/osteopenia	35.8%
Arthritis	50.9%
Mental health condition	6.6%
Multiple Sclerosis	0.9%
Traumatic brain/spinal chord injury	0.9%
Parkinson's	0%
Alzheimer's	0.9%
High blood pressure	40.6%
High cholesterol	26.4%
Overweight	26.4%
Orthopedic disorder	11.3%
Cancer	3.8%
Endocrine disorder	4.7%
Respiratory condition	3.8%
Cardiac disorder	1.9%
Gastrointestinal disorder	4.7%
Other	0.9%

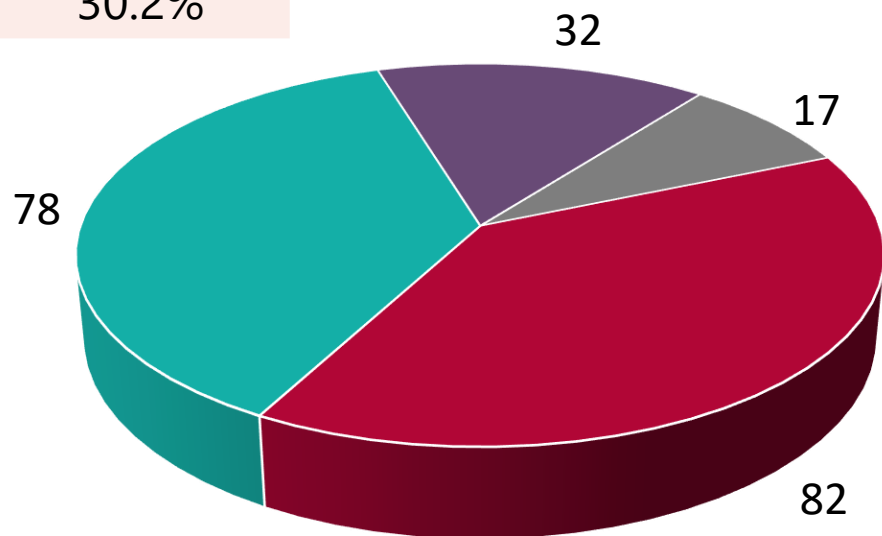


## FREQUENCY OF CONDITIONS



## Number of Conditions

1 condition	16.1%
2+ conditions	77.4%
3+ conditions	48.1%
4+ conditions	30.2%



■ 1 Condition ■ 2+ Conditions ■ 3+ Conditions ■ 4+ Conditions



# NUMBER OF CONDITIONS



**Watch this video** from the perspective of a participant in a Heart Wise Exercise class:



DISCOVER EXERCISE  
THAT HAS YOUR HEART  
IN MIND. ASK US ABOUT  
OUR HEART WISE  
PROGRAMS AND  
CLASSES.

[HEARTWISEEXERCISE.CA](https://heartwiseexercise.ca)

[OTTAWAHEART.CA](https://ottawaheart.ca)