



## The YMCA Healthy Heart Program

The YMCA Healthy Heart Program is designed for individuals with a history of angina, heart attack, heart bypass or valve surgery, angioplasty, stent, heart transplant, stabilized congestive heart failure, pacemaker and/ or poor circulation. It will also benefit those having risk factors for developing heart disease including: high blood pressure, high blood cholesterol, obesity, smokers, diabetics, those with families prone to heart disease and those over the age of 40 who lead sedentary lifestyles.

### **Medical Director**

Dr. Marlyce Friesen, M.D., FRCPC

### **Medical Advisors**

Ms. Maureen Anderson RN

Ms. Sandy Barabe RN

Dr. Bruce Cornish MD

Dr. Arthur Friesen MD, FRCPC

Dr. Stephen Pearce, MD, FRCPC

### **Program Coordinator**

Gabriele Scully, BGS, ASCM

Exercise Specialist

### **Program Manager**

Ann Parkinson, MSc, ASCM

Exercise Specialist

### **Program Objectives**

- To provide a safe and gradual progression in exercise, resulting in an improved cardio-vascular function and increased work and play capacity before onset of fatigue, shortness of breath or angina (chest pain).
- Slowing/reversing heart disease through improvement in areas indicating atherosclerosis.
- To provide psychological support in dealing with the depression and anxieties that may accompany heart disease.
- To provide educational and social activities for program participants and their family members.

### **Referral and Evaluation Process**

- All participants must be referred to the program by their physician. A Physician Referral Form pdf may be printed from this Website.
- Each individual is given a personal exercise prescription, based on an exercise stress test, medical history and a physical examination done on program entrance. Participants are regularly evaluated and their progress is reported to their physicians.

### **Exercise Classes**

- Medically supervised exercise classes are ongoing and held three times weekly in New Westminster, Coquitlam, Surrey and Burnaby. In addition to this, a maintenance program for graduates of cardiac rehabilitation programs is held twice weekly in Port Moody. A Class schedule pdf can be printed from this Website. Individualized home programs are also available.
- Program staff includes ACSM Exercise Specialists, kinesiologist exercise leaders and cardiac critical care nurses.
- The program uses a case management approach to risk factor modification.
- Emergency equipment is present at each class. Emergency procedures are practised regularly. Classes consist of a warm-up, a non-competitive, individualized exercise workout, and a cool-down.
- Participants log their exercise data daily.
- Resistance training and circuit training improve muscular strength and provide an alternative exercise mode for orthopedic or vascular problems.

### **Program Fee**

- There is a charge for the program which can be paid monthly or annually, from time of joining.

### **YMCA Financial Support**

- The YMCA works hard to ensure no one is turned away because of inability to pay. Donations are welcome from individuals, service groups and businesses to support subsidies for those whose financial circumstances would prevent them from participating in YMCA programs. Please contact the YMCA Healthy Heart Program for details.