

## Exercise Program Information



Performance Fitness & Training  
770 Richmond Street  
Chatham, ON  
519-436-1530

Performance Fitness & Training provides an exercise facility for our patients. Parking is free of charge. You will obtain a cardiac rehab membership rate for this exercise facility at a discounted price. Change room facilities and showers are available. The Exercise Program is designed to provide personal, closely monitored treatment within a non-competitive environment.

The supervised exercise program consists of up to 90 minute sessions performed twice weekly for six months.

A Kinesiologist, who is an exercise specialist, will provide you with an individualized program specifying: frequency, intensity, duration and the type of exercise you should be performing. Your exercise routine is performed using stationary bicycles, treadmills, recumbent steppers and resistance equipment. A stretching program is also performed.

You are also prescribed a regular home-based exercise program (at least three weekly sessions) that is recorded in a personal exercise diary.

# Chatham-Kent Cardiac Rehabilitation



## And Secondary Prevention Program



Chatham-Kent  
Community Health Centres  
Centres de santé communautaire  
de Chatham-Kent

Tel: (519) 397-5455 x 102

150 Richmond Street

Chatham, ON

N7M 1N9



Chatham-Kent  
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de Chatham-Kent

# Our Strategy....

## Comprehensive Cardiac Rehabilitation

The Cardiac Rehabilitation & Secondary Prevention Program of the Chatham-Kent Community Health Centres, is an out-patient program that requires a referral from your primary care provider (doctor or nurse practitioner).

Men and women with known cardiac disease, for example, a previous heart attack or heart surgery, work with our professional staff to create an individualized program.

Upon entry into the program, patients undergo a risk assessment, including graded exercise testing and blood work. If required, this may be followed by further cardiac examination.

**Participants are offered a 6 month supervised exercise program with general risk factor education and counseling as needed in:**

- Nutrition: both group & individual sessions
- Stress management
- General information on heart attack and stroke
- Medications
- Exercise for a Healthy Heart—what to do

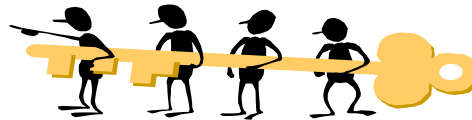
Your primary care provider will be kept informed of your progress and consulted as needed.

In general, there are not as many women in cardiac rehabilitation programs. We strongly recommend and encourage female participation. We are pleased to provide a program that addresses the unique needs and issues of the female cardiac population.

To help patients achieve positive long-term lifestyle changes.

These changes are aimed at improving your quality of life and reducing the impact of disease. We hope that you will be able to apply the knowledge you gain, so that completion of the program, you will be able to continue on your own.

*We wish you every success!*



### This program is supported by:



Performance  
Fitness &  
Training



Cardiac  
Rehabilitation  
& Secondary  
Prevention  
Program



Chatham-Kent  
Community Health Centres  
Centres de santé communautaire  
de Chatham-Kent

### Your Cardiac Team:

#### Cardiac Nurse

Fay Duphette

519-397-5455 x 143

#### Registered Dietitian

Jacqueline MacAdams

#### Kinesiologists:

At Performance Fitness & Training

Dave Gifford / Kara Reeb

519-365-1515

#### Cardiac Secretary

Jody Emerson

519-397-5455 x 102

