



UOHI Cardiac Rehab Graduation Resources

Heart Institute Cardiovascular Rehabilitation Top 10 Tips and Guides

- Top 10's: <https://ottawaheart.ca/patients-visitors/tools-and-resources/cardiac-rehabilitation-top-10-tips>
- Guides: <https://ottawaheart.ca/patients-visitors/tools-and-resources/cardiac-rehabilitation-guides>

Women@Heart

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

Patient Support Groups and Classes

- Find information about these additional support groups on our website: <https://www.ottawaheart.ca/patients-visitors/tools-and-resources/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
- Check out any of the Heart Institute's educational classes – even if you've already attended in the past. Visit: ottawaheart.ca/patients-visitors/tools-resources/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 <https://www.livinghealthychamplain.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: <https://www.unlockfood.ca/en/default.aspx>

Heart Wise 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 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.
 - Visit 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

Champlain Health Line Exercise Classes for Seniors

- Free exercise classes for seniors
 - Visit <https://www.champlainhealthline.ca/libraryContent.aspx?id=20751#Ottawa>

Exercise videos from our Rehabilitation Centre

- Low intensity, mostly seated exercise:
 - <https://www.youtube.com/watch?v=WRlbWCiqrq4>
- Moderate intensity exercise:
 - https://www.youtube.com/watch?v=Wuoce6biJWA&list=PLZXJNcPSfkWRh1FjH35pD4Fm_JEft9YYD
 - https://www.youtube.com/watch?v=TtVI8IECpn0&list=PLZXJNcPSfkWRh1FjH35pD4Fm_JEft9YYD&index=5

Walk and Talk is Back – An Alumni-Led Initiative

- [Your Patient Alumni monthly newsletter](#)