

UOHI Cardiac Rehab Graduation Resources

Heart Institute Cardiovascular Rehabilitation Top 10 Tips and Guides

- **Top 10's:** ottawaheart.ca/rehab-top-10-tips
- **Guides:** 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.

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.

Patient Support Groups and Classes

- Find information about these additional support groups on our website (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
- 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.

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.

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.

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 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.

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 champlainhealthline.ca/libraryContent.aspx?id=20751#Ottawa.

Exercise videos from our Rehabilitation Centre

- Low intensity, mostly seated exercise: youtube.com/watch?v=WRibWCiqrg4
- Moderate intensity exercise:
 - o youtube.com/watch?v=Wuoc6biJWA&list=PLZXJNcPSfkWRh1FjH35pD4Fm_JEft9YYD&index=4
 - o youtube.com/watch?v=WRibWCiqrg4
 - o youtube.com/watch?v=TtVI8IECpn0&list=PLZXJNcPSfkWRh1FjH35pD4Fm_JEft9YYD&index=5