



## **Heart Wise Exercise - Frequently Asked Questions**

### **I DON'T HAVE A HEART CONDITION. CAN I STILL TAKE A HEART WISE EXERCISE CLASS?**

Yes. Anyone can take these classes, especially those concerned about their health or those just beginning an exercise program.

### **I ALREADY TAKE PART IN EXERCISE CLASSES, BUT THE CLASS I AM IN DOESN'T HAVE THE HEART WISE EXERCISE LOGO. DOES THIS MEAN IT ISN'T SAFE?**

Not at all. While many exercise programs are safe and appropriate, Heart Wise Exercise classes have been identified as a good place to start or continue exercising for those living with heart or other health conditions.

### **I WANT TO HELP MY HEART, BUT I DON'T LIKE DOING "AEROBICS". DO I HAVE TO DO DAILY "AEROBICS"?**

No. Aerobic exercise is different than "aerobics". Research has shown that the best way to improve heart health is to do some aerobic exercise every day. This simply means any rhythmic exercise using the larger muscles of the body that increases the heart rate for at least 10 minutes, but ideally for a minimum of 30 minutes, at one time (aiming for up to 60 minutes). Great examples of aerobic exercise include walking, swimming, skating, and of course many fitness classes.

### **WHAT IS THE DIFFERENCE BETWEEN HEART WISE EXERCISE PROGRAMS AND OTHER FITNESS PROGRAMS?**

In some cases, there are very few differences. Heart Wise Exercise programs are usually regular fitness classes where the intensity and type of exercises can be modified to meet the needs of people living with heart and other health conditions. Non- Heart Wise Exercise programs are, of course, safe and effective for those who are physically able to perform higher levels of intensity and/or more demanding exercises.

### **IF I HAVE A HEART PROBLEM SHOULD I CONTACT MY PHYSICIAN BEFORE I REGISTER IN A HEART WISE EXERCISE FITNESS PROGRAM?**

If you have a heart condition, you should have exercise recommended to you by a healthcare professional. This could be at a cardiac rehabilitation program, by your health specialist, or by your family physician.



### **IS A HEART WISE EXERCISE FITNESS PROGRAM ALL THAT I REQUIRE?**

According to the Canadian Guidelines for Physical Activity, older adults (aged 65 years and older) , should get at least 150 minutes of moderate- to vigorous-intensity aerobic exercise each week to achieve health benefits and improve functional abilities. Exercise sessions should last 10 minutes or more.

### **I HAVE A HEART CONDITION AND AM WONDERING IF HEART WISE EXERCISE IS SUITABLE FOR ME?**

Heart Wise Exercise programs are designed to accommodate persons with heart and other health conditions. The programs consist of low to moderate levels of intensity and encourage participants to exercise at their own appropriate level.

### **I AM CONCERNED ABOUT SAFETY IN A FITNESS CLASS AND HOW HARD I AM WORKING.**

You are strongly recommended to follow the exercise recommendations outlined by your health care provider. Heart Wise Exercise programs include a gradual warm- up and the leader will provide you with exercise options to help you reach your recommended level of intensity.

### **IS THERE A COST TO HEART WISE EXERCISE PROGRAMS?**

Drop in classes are included with your membership fees. Registered classes have a cost associated, or may be included in your membership, depending on your level of membership with the Y. See the program guide ([link](#)) or the membership desk for more information.