



FAQ and General Information for Take Heart and Breathe Well Participants

Essential Information for Participants in the Take Heart Program









General Information

Welcome to the Take Heart program! This guide is designed to provide you with essential information and answers to common questions you may have as a participant. If you need further assistance, please refer to your program coordinator, Lisa Banks at 250-475-7619 or lisa.banks@saanich.ca

About Take Heart

Take Heart is an exercise program supervised by health professionals for people with heart or lung disease and/or other chronic illnesses. Our goal is to help you improve your health and independence through exercise and education.

Some examples of conditions we work with:

- | | |
|--|--|
|  Coronary Artery Disease |  Valvular Heart Disease |
|  Diabetes |  Stroke |
|  COPD and other lung diseases |  Cancer |
|  Kidney Disease |  Arthritis and Joint replacements |

Contact Information

For general inquiries, please contact our reception team at 250-475-7630; this is the weight room reception desk at Saanich Commonwealth Place, where the Take Heart program takes place.

Medical Clearance

Participation in the program requires approval from your Physician or Nurse Practitioner. Our Medical Recommendations form can be found [here](#). This must be completed before we can schedule your Intake.

Frequently Asked Questions (FAQ)

1. Who can participate in the Take Heart program?

The community-based Take Heart and Breathe Well program will accept clients with the following conditions (with or without additional health concerns):

- Medically stable post-myocardial infarction (MI)
- Stable Angina
- Coronary artery bypass graft surgery (CABG)
- Percutaneous transluminal coronary angioplasty (PTCA) or PCI
- Heart Failure (HF)
- Cardiomyopathy
- Heart or other organ transplantation
- Other cardiac surgery, including valvular and pacemaker/ICD insertion
- Peripheral arterial disease (PAD)
- Renal disease
- Diagnoses of diabetes mellitus, dyslipidemia, hypertension, obesity, cancer or other diseases and conditions
- Respiratory diseases such as COPD, Pulmonary fibrosis, asthma and other conditions

2. How do I enroll in the program?

You can enroll by contacting our program coordinator. First, complete the forms found [here](#) and follow the instructions provided to confirm your participation.

3. Is there a cost to participate?

Yes. The program consists of the following:

- ♥ Intake (\$150) consists of:
 - 1 Phone Interview/Assessment
 - 1 Private Orientation Session with Personalized Exercise Prescription
- ♥ 16-24 Supervised Group Exercise Sessions (\$18/class)

If the cost is going to be a barrier to participation, we do have limited subsidies provided by Island Health and the First Open Heart Society. Please discuss this with the program coordinator if needed.



Classes currently run on Wednesdays and Fridays, 9:30-11:00 am, 11:30 am-1:00 pm and 1:30-3:00 pm

4. What types of activities are included?

Each person will have a personalized exercise program designed for them based on their medical recommendations, intake assessment and goals.

This may include:

- ♥ Aerobic activity, including a proper warm-up and cool-down
- ♥ Resistance exercises
- ♥ Stretching and balance work
- ♥ Breathwork and stress management

5. Do I need special equipment or clothing?

- ♥ Wear clean, comfortable clothing that you can move in.
- ♥ Supportive, closed heel and toe shoes are required for safe exercising.
- ♥ Please bring a water bottle. There is a water fountain available to fill your bottle.
- ♥ Please eat something light an hour or two before exercise. Avoid eating a heavy meal within two hours before exercise.

6. Should I come to class if I'm sick?

Please do not come to class if you feel ill. Please wait until you are symptom-free for 24 hours before returning to class. If you are unable to attend, you can let us know by contacting the weight room reception at 250-475-7630.

7. Who leads the program activities?

Our program staff consist of Registered Nurses with specific training in Cardiopulmonary Rehabilitation, and Exercise Specialists certified by the Canadian Society for Exercise Physiology (CSEP-CEP designation).

8. What happens when I finish the program?

Continuing to exercise regularly is important to maintain your fitness level and heart health. A supervised Maintenance program is available for Take Heart & Breathe Well graduates. We encourage you to continue with regular activity in a way that is fun and meaningful to you. Staff are happy to discuss the many options available for you.



Additional Resources

- [Cardiac Patient Education and Support in Victoria BC](#)
- [Get Active | Cardiac College](#)

If you have more questions or require special accommodation, please do not hesitate to reach out. We look forward to supporting you on your journey to better heart health!