

# Cardiovascular Prevention and Rehabilitation Program

**For people who want to improve their heart health  
after a heart event**

This pamphlet covers:

- What cardiac rehab is
- How our cardiac rehab program works
- Where to get more information



## **Cardiac rehab at UHN**

The Cardiovascular Prevention and Rehabilitation Program offers services at 2 locations within UHN:

- Toronto Western Hospital – GoodLife Fitness Cardiovascular Rehabilitation Unit
- Toronto Rehabilitation – Rumsey Centre

Both sites provide exercise to help you feel better and education to help you understand heart disease.

Health e-University ([www.healtheuniversity.ca](http://www.healtheuniversity.ca)) is a place for you or your family to find trusted health information to improve your health.

Learn how to prevent and manage chronic diseases such as heart disease, stroke and diabetes by adopting healthy habits. We have 2 colleges to support your learning: the Cardiac College and the Diabetes Colleges.

The colleges of Health e-University help you:

- understand and treat your condition
- get active
- eat healthy
- feel well
- take control of your health

## **What is cardiac rehab?**

Cardiac rehab helps heart patients improve their current health, prevent other heart problems, and improve their quality of life with regular exercise and physical activity.

## **The Program**

The outpatient cardiac rehab program focuses on your needs. We offer supervised, on-site and home-based exercise options.

If you actively participate in both the exercise and education programs, by the end of the program you will be able to:

- Take charge of your medical condition and understand changes in your health status
- Maintain an exercise program to improve your health and well-being
- Find and create strategies to improve your risk factors for heart disease
- Make healthy food choices to improve your everyday health
- Find and create strategies to manage your psychosocial risks for heart disease

## **Who does the Program help?**

The Program helps all patients with heart problems.

The health care team in the program works with your medical team to help manage your heart problem. We also work closely with other care providers to help you manage your diabetes, stress, and help you quit smoking, if needed.

## **What does the Program involve?**

We have an incredible team of people in our program to support you. We offer one of the largest and detailed cardiac rehab programs in North America.

We will work with you to create your own personal program of exercise and education to help improve your heart health and muscle strength. Through exercise your daily activities will become easier. You will also begin to feel better.

The Cardiovascular Prevention and Rehabilitation team will watch your progress and help you to reach your heart health and lifestyle goals.

### **Supervised Exercise**

- The program is 6 months long
- Classes are offered at different times throughout the day
- Classes include both supervised exercise and education
- You attend 1 class each week for about 90 minutes

**OR**

### **Home-Based Exercise**

- You will follow an exercise program at home with the support of one of our clinical team members
- The Home Program staff will call or email you regularly to:
  - follow up
  - provide you with the education you need
  - speak to you about your exercise progress

### **Our health care team**

Our health care team works with you to help make sure your heart works the best it can.

The teams at both sites include registered health care professionals who work together to support your rehab journey.

They include:

- Dietitians
- Nurses
- Exercise therapists, including:
  - Kinesiologists
  - Physiotherapists
  - Nurses (depending on location)
- Physicians
- Pharmacists (at the TWH site only)
- Psychologists
- Social workers (at the Rumsey Centre site only)

### **Interpretation Services**

If you feel more comfortable speaking in a language other than English, we can have an interpreter help us talk to you in your language.

### **What if I do not live in Toronto?**

The staff will work with you to find program options closer to home if you want to go to another location.

### **Want more information about our locations?**

See [Cardiac Rehab – Toronto Western](#) OR [Cardiac Rehab – Rumsey Centre](#)

## Want more information about our education?

Go to our website at [www.healtheuniversity.ca](http://www.healtheuniversity.ca)

## Where to find us

UHN Cardiovascular Prevention and Rehabilitation Program  
GoodLife Fitness Cardiovascular Rehabilitation Unit  
Fell – 7th floor (Room 108)  
Toronto Western Hospital  
399 Bathurst St. Toronto, ON M5T 2S8  
Phone: 416 603 5200  
Fax: 416 603 5373

UHN Cardiovascular Prevention and  
Rehabilitation Program  
Toronto Rehab – Rumsey Centre  
347 Rumsey Road Toronto, ON M4G 1R7  
Phone: 416 597 3422 ext. 5200  
Fax: 416 425 0301

### About The Peter Munk Cardiac Centre:

For more information about heart and circulation conditions, a glossary of terms maps, information about our location and how to be referred, please visit [www.petermunkcardiaccentre.ca](http://www.petermunkcardiaccentre.ca)

Visit [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) for more health information.

Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: [pfep@uhn.ca](mailto:pfep@uhn.ca)

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