

## ABOUT THE PROGRAM

Over the course of 3 months, you are recommended to attend 24 scheduled exercise classes, follow your exercise prescription, and attend educational seminars.

## ABOUT THE EXERCISE CLASSES

An individualized exercise program will be prescribed and supervised in a group session two times per week.

Supervised Exercise classes are 1 hour in length which include:

- Group warm up led by a staff member
- Cardiovascular exercises
- Resistance Training
- Flexibility Training
- Cool Down

A maintenance program is offered to those who graduate from the initial program, and would like to continue in a safe and controlled setting.

## WHO SHOULD JOIN?

The program is primarily for people with heart disease. In most cases, participants have experienced one or more of the following:

- Angina
- Heart Attack
- Angioplasty
- Heart Surgery
- Coronary Artery Disease

## WHY SHOULD I JOIN?

- Improve quality of life
- Decrease risk of cardiac & chronic disease
- Strengthen muscles for daily living activities
- Boost your energy levels
- Decrease and manage stress
- Strengthen your heart and body
- Control your weight
- Reduce anxiety and depression
- Increase your stamina
- Get yourself back to the things you enjoy
- Interact with a supportive group of peers

## HOW TO JOIN?

Participants are referred by their family physician or a specialist prior to commencing the Cardiac Rehabilitation program at Cor Maximus.

## PROGRAM FEES

Extended health benefits, private billing, long-term disability insurers, and employers may cover some or all of the costs. OHIP does not cover the cost of this program. Please call for details and funding options.

## COURSE OFFERINGS

Classes will be offered on Tuesday and Thursday mornings. Please call for exact times. Each course will consist of 12 weeks of programming.

Also ask about our "Maintenance Program", which will allow participants to maintain regular exercise in a supervised and safe environment.



1501 Seymour St  
North Bay, ON, P1B 8G4  
705.476.8888 phone  
705.476.5865 fax  
[www.cormaximus.com](http://www.cormaximus.com)



**COR MAXIMUS**  
CARDIAC REHABILITATION

## EDUCATIONAL SEMINARS

Our educational seminars will provide you and your family with the information you need to adopt long-lasting changes in your life.

## EDUCATION TOPICS

Separate education classes may include but are not limited to:

- Benefits of exercise
- How the heart works - the anatomy and physiology
- Diagnosis and treatment of cardiovascular disease
- Understanding cardiac medications
- Eating for weight management
- Heart healthy nutrition
- Stress and your heart

Educational Topics are provided by a diverse group of qualified health practitioners, including but not limited to:

- Dr. Nick Green
- Khouri Long M.S.S.T.
- Kim Long R.N.
- Phil Harrison - Pharmacist,  
Phil's Lakeshore Pharmasave
- Brenda Baxter - Certified Yoga Instructor

## CARDIAC REHABILITATION AT COR MAXIMUS, YOUR HEALTH MATTERS

Cardiac rehabilitation is a comprehensive rehabilitation and prevention strategy. It includes supervised exercise classes and education seminars designed to re-introduce exercise into your life, help you choose heart healthy foods, and teach you about heart disease and exercise.

By providing support and education, the Cardiac Rehabilitation program will allow you to live a happier, healthier and longer life. As you progress through the program, you will learn to exercise in a safe and controlled manner. Increasing your activity level after a cardiac event will allow you to return to the things you enjoy.

ENJOY BEING ACTIVE!

# COR MAXIMUS

CARDIAC REHABILITATION

Improve:  
Your Heart  
Your Life  
Your Future



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