

Cardiac Rehabilitation

Programs in the Community

What is cardiac rehabilitation?

Cardiac rehabilitation (rehab) is a program for patients who are getting better from heart problems. Rehab will help with your recovery and reduce your chances for future heart problems. The program will provide you with a custom exercise program and give you the information you need to get healthy and stay healthy.

What happens in a cardiac rehab program?

Cardiac rehab programs include a custom exercise program and class-based education sessions.

The **exercise program** consists of:

- A medical evaluation to understand your needs and limitations. This information helps to create a program just for you.
- Exercising: using a treadmill, bike or walking/jogging track.
- A healthcare team that will watch you for any changes in your symptoms.

In every exercise program, you will start slow, at your level, and gradually move into a more intensive program.

The **class-based education sessions** provide you with:

- Healthy eating information
- Stress management techniques
- Information about medicines
- Help to quit smoking.

Classes are held once a week and each class is about 90 minutes long. The cardiac rehab program runs for 6 months.



Some cardiac rehab programs offer a home-based option. This program will work with you to develop a routine that you will be able to do at home. An exercise specialist will contact you weekly to find out how you are doing.

Where can I find a cardiac rehab program?

The next page lists Cardiac Rehab Programs in the area. Please speak with your cardiologist (heart specialist), nurse, or family doctor if you are interested in joining any of these programs. You will need a referral from your cardiologist or family doctor to receive these services.



Program Name	Program Details	Costs	Contact
<p>UHN Toronto Rehab Institute - Cardiovascular Prevention and Rehabilitation Program <i>Rumsey Centre</i> - 347 Rumsey Rd., Toronto ON M4G 1R7 <i>York University Campus</i> - 231 Ian MacDonald Blvd., Toronto, ON M3J 1P3 www.uhn.ca/TorontoRehab/PatientFamilies/Clinics_Tests/CRSP_Program/</p>	<p>One 90-minute session per week, for 6 months Available options: • Day and evening classes, Monday to Friday • Home-based • Tuesdays, from 10:30 a.m. to 12:00 p.m. (York University Campus location)</p>	<p>Program: Covered by OHIP Education materials: \$50 for package Parking: \$6 to \$8/visit</p>	<p>Tel: (416) 597-3422, ext. 5200 Fax: (416) 425-0301</p>
<p>William Osler Health Centre - Cardiac Rehabilitation 101 Humber College Blvd., Etobicoke ON M9V 1R8 www.williamoslerhs.ca/health-care-professionals/programs-services/cardiac-care</p>	<p>One 90-minute session per week, for 6 months Available options: • Home-based (if qualified)</p>	<p>Program: Covered by OHIP Parking: \$15/visit</p>	<p>Tel: (416) 494-2120 Fax: (416) 747-3565</p>
<p>UHN Toronto Western Hospital - Cardiovascular Prevention and Rehabilitation Program 399 Bathurst St., 7 Fell rm. 108, Toronto ON M5T 2S8 www.uhn.ca/PMCC/PatientFamilies/Clinics_Tests/Cardiovascular_Rehabilitation/</p>	<p>One 90-minute session per week, for 6 months Available options: • Home-based (if qualified)</p>	<p>Program: Covered by OHIP Parking: Please contact parking office for cost</p>	<p>Tel: (416) 603-5200 Fax: (416) 603-5373</p>
<p>Mackenzie Health - Cardiovascular Rehabilitation Centre/Lifestyles Plus Program/Pulmonary Program Upper Thornhill Centre 3rd flr., Ste. 340, 955 Major Mackenzie Dr., Vaughan ON L6A 4P9 mackenziehealth.ca/patient_services_outpatient_page.php?tid=531</p>	<p>Two 90-minute sessions per week, for up to 6 months. Available options: • Day and evening classes, Monday to Friday</p>	<p>Program: \$55+HST/month Parking: Free</p>	<p>Tel: (905) 832-8070, ext. 7720 Fax: (905) 832-0720</p>
<p>Southlake Regional Health Centre - Cardiovascular Prevention and Management Program The Tannery Mall 465 Davis Dr., Ste. 404, Newmarket ON L3Y 2P1 www.southlakeregional.org/Default.aspx?cid=95&lang=1</p>	<p>One 90-minute session per week for 6 months. Available options: • Day and evening classes, Mondays, Tuesdays, Wednesdays, or Thursdays • Facility, home, or community-based classes • Weekly education sessions and workshops</p>	<p>Program: Covered by OHIP Education materials: \$145 Parking: \$3/visit</p>	<p>Tel: (905) 895-4521, ext. 2806/ ext. 6411 Fax: (905) 830-5980</p>
<p>Trillium Health Partners - Cardiovascular Prevention and Rehabilitation Centre University of Toronto (Mississauga) Recreation and Wellness Centre 3359 Mississauga Rd., Mississauga ON L5L 1C6 trilliumhealthpartners.ca/patientservices/cardiachealth/Pages/Cardiac-Wellness-and-Rehabilitation-Centre.aspx</p>	<p>One 90-minute session per week (60 minutes of exercise, 30 minutes of education) for up to 12 weeks - Monday to Thursday, and Saturdays, 8:00 a.m. or 10:00 a.m.</p>	<p>Program: Covered by OHIP Registration (includes education materials): \$60 Parking: \$12.50/visit</p>	<p>Tel: (416) 259-7580, ext. 5998 Fax: (416) 521-4073</p>