

Happy Hearts Maintenance Program Information & Referral Form



The Happy Hearts Maintenance program is an option for those who have graduated from Happy Hearts Plus or those who are stable diabetics. This program provides the continued supervision of a certified fitness instructor and the social benefits of exercising in a small group setting.

Who Can Register?

Those who have completed the Happy Hearts Plus program in the past 12 months
Those with other stable chronic diseases like diabetics and have been sent by their GP for exercise.

Those who have previously been in a cardiac program must be referred by their doctor and may need to be referred to the local Internist before registering for the program.

What You Get:

- Two 1 hour classes per week led by a certified fitness instructor. Classes include:
 - Group warm up,
 - Individualized cardiac and strength workout
 - Group cool down
- Access to the aquatic and fitness facilities for the duration of the program

What to Bring to Class:

- Their heart rate range information as approved by their doctor or specialist.
- All diabetics must have their insta-glucose sticks with them.
- Wear comfortable clothes to exercise in, running shoes if possible.
- Water bottle

Program Location Days & Time:

- **Sechelt Aquatic Centre** 5500 Shorncliffe Avenue, Sechelt. Tuesday and Thursday @ 2:30 – 3:30pm.
- **Gibsons and Area Community Centre** 700 Park Road, Gibsons. Tuesdays and Thursdays @ 9:45 – 10:45am.

Registration Cost: \$253.50 / 26 classes over 12 weeks

There are set start and end dates, but participants are encouraged to join at any time and your registration fees will be pro-rated. Registration includes facility access for the duration of the program.

For more information or to register visit either recreation facility listed above or call 604-885-6801.

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All participants require physician approval to attend this program.

For those who have graduated from Happy Hearts Plus (or a similar supervised cardiac rehabilitation program), and are ready to move to the next level of rehabilitation without nurse supervision.

For those with diabetes who are stable with well controlled blood sugars.

Doctors: Please refer patient to Internist, Dr. Wadge, if patient requires further follow up or stress test before registering in program.

Patient Name: _____

Cardiac Rehabilitation Program Location:

Cardiac Rehabilitation Program Date Completed:

Patient Target Heart Rate Range: _____
(if applicable)

The above named patient has successfully completed a cardiac rehabilitation program or is a stable diabetic that would benefit from this supervised program by our certified fitness instructor.

Name of Referring Doctor:

Doctor Signature:

Date: _____

Please bring completed form to either recreation facility to register for the Happy Hearts Maintenance Program.