



Improve cardiovascular and metabolic health in a social and supportive setting led by certified exercise professionals who create and accommodate individually-paced workouts using treadmills, other cardio machines and light resistance apparatuses. This unique program supports life-long physical activity by transitioning individuals from a medical to a community-based fitness program following cardiovascular surgery. It is suitable for those with heart-health risk factors and/or diabetes and have been recommended to exercise by a health care professional.

Medical clearance is required prior to participation in this program. Intake forms are accepted throughout the year.

Class options:

- 3 days per week: Mon/Wed/Fri
- 2 days per week: Tue/Thu
- Sep–Dec, Jan–Mar, Apr–Jun and Jul–Aug
- 8:00–9:00am

Fees:

- Visit richmond.ca/register and search “Heart Wellness”.
- Fees must be paid in full at the time of registration.
- The Recreation Fee Subsidy Program is available for people living in Richmond who are in financial hardship. More information and the application form can be found at richmond.ca/subsidy.

Location:

- Garratt Wellness Centre, 7504 Chelsea Place, Richmond, BC.

Registration:

1. Screening and Consent Forms can be found at richmond.ca/fitness under Specialized Physical Activity Programs. Complete Parts I–III.

2. Bring form to your Physician or Cardiologist to complete Part IV.

If you have recently graduated from the VCH Richmond or St. Paul’s Healthy Heart program, you do not require completion of Part IV. Instead, submit your Exercise Summary and Referral to Community Heart Wellness Exercise forms provided by your Healthy Heart program.

3. Contact Donna Bishop at Donna.Bishop@richmond.ca or 604-238-8004 to register.

Note: Medical clearance must be renewed regularly by completing and resubmitting parts of the Heart Wellness Screening and Consent Form.

- If your medical status changes, resubmit the form in full.
- If your medical status is stable, resubmit Part IV before registering for a second year.
 - It is recommended that you visit your physician to renew your clearance for one year. However, you may begin by calling HealthLink BC at 8-1-1 and asking to speak with a Physical Activity Specialist (PAS). HealthLink BC is a free resource wherein a PAS will perform an initial screening and advise whether a visit to your physician is required. HealthLink BC will provide you with a Physical Activity Clearance document that is good for six months and can be submitted for renewal purposes.