



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

INTRODUCING THE HEARTWISE EXERCISE MOBILE APPLICATION

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Regional and Quality Manager, CVD Prevention and Rehabilitation Programs, University of Ottawa Heart Institute

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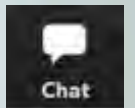
Clinical Research Coordinator, Division of Prevention and Rehabilitation, University of Ottawa Heart Institute

REGAN KIEFER, BScPT

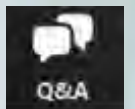
Senior Physiotherapist, Division of Prevention and Rehabilitation, University of Ottawa Heart Institute

WELCOME HOUSEKEEPING

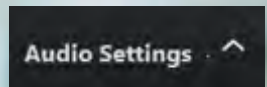
To notify the presenters and moderators
if you are having any technical difficulties



To ask questions through session



To check your audio settings by clicking
“Test speaker and microphone”





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WHY DID WE DO IT?



WHO IS IT FOR?



HOW DO WE USE IT?



WHAT'S NEXT?



LOOKING AHEAD TO CONTINUE TO INNOVATE AND SERVE THE CVD POPULATION

What can UOHI add?

- CVD risk factor awareness and education
- Exercise prescription and counselling



CARDIOVASCULAR POPULATION

- UOHI patients who don't access CR
- Cardiac Rehabilitation Referral is promoted
- Anyone wanting to start an exercise program who has concerns about their health
- CR Graduates and patients in UOHI Cardiac Rehab (CR)

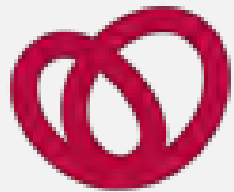


**UOHI
CARDIAC PREVENTION
& REHABILITATION
TEAM**



INDUSTRY EXPERTS

**(Macadamian
Technologies)**



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m_a_c_a_d_a_m_i_a_n

PREVENTION & WELLNESS CENTRE

PROGRAMS &
SERVICES >

EDUCATION >

RESOURCES >

- > Canadian Women's Heart Health Centre
- > CardioPrevent Program
- > Community Presentations
- > Heart Wise Exercise
- > **HeartWise Initiatives**
 - HeartWise Podcast
 - [HeartWise Exercise Mobile Application](#)
 - HeartWise Food Solution
 - HeartWise E-University
- > Ottawa Model for Undiagnosed Diabetes
- > Postpartum Program
- > Quitting Smoking
- > Virtual Care Program
- > Women@Heart Program

HEARTWISE EXERCISE MOBILE APPLICATION



Exercising after a heart attack or with a heart condition can be intimidating, but it's one of the most important things a person can do for a heart-healthy lifestyle. Experts from the Division of Cardiac Prevention and Rehabilitation at the University of Ottawa Heart Institute have developed the HeartWise Exercise mobile application with the needs of heart patients in mind.

Users can follow a personalized exercise program, receive coaching tips, keep track of their progress, and access dozens of heart-healthy resources.

[Get the HeartWise Exercise App »](#)

> JOIN THE WEBINAR: INTRODUCING THE HEARTWISE EXERCISE APP

Friday, July 24 2020 from 1 to 2 p.m.

Learn about the new HeartWise Exercise App, why it was developed, who should use it, and what it has to offer. You'll also be guided through a step by step tutorial for iPhone and Android devices.

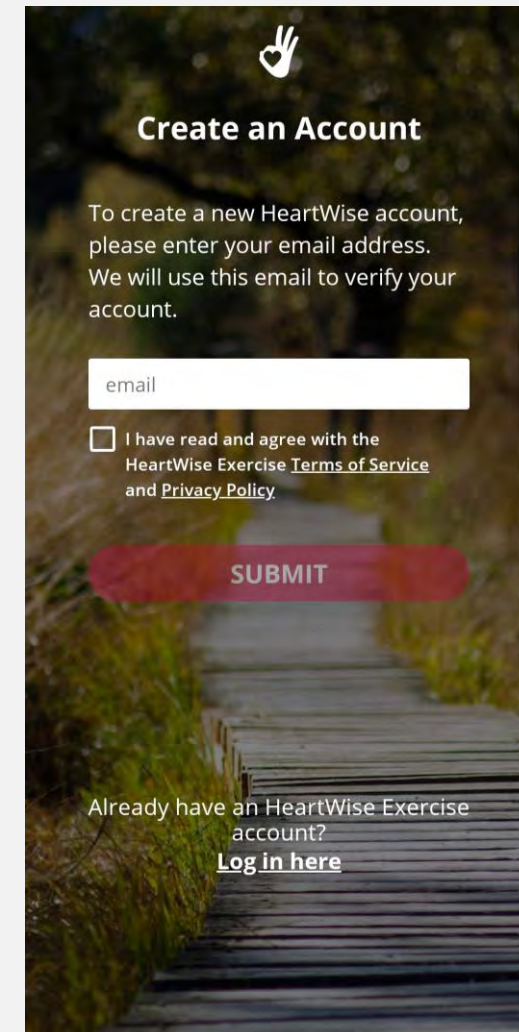
[Join the webinar »](#)

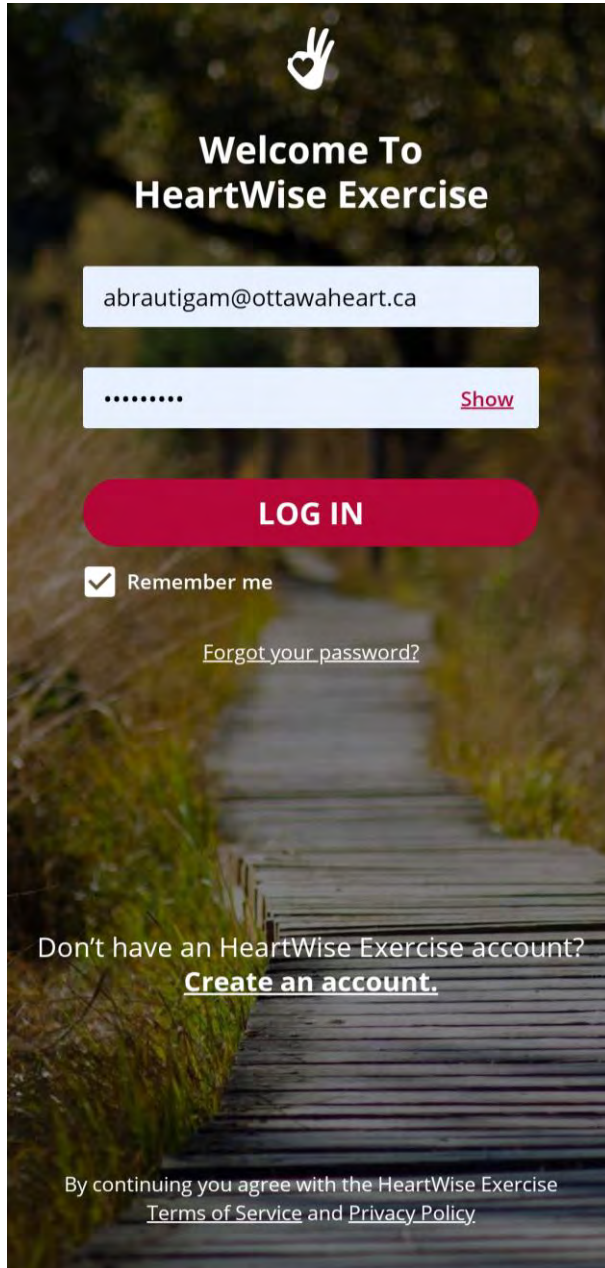
> QUESTIONS AND ANSWERS

Q. Who should use the HeartWise Exercise app?

A. The Heartwise Exercise app is ideal for anyone who has suffered a heart attack or is living with a heart condition. Whether you've completed cardiac rehabilitation at the University of Ottawa Heart Institute, or

Find it here:
heartwiseapp.ottawaheart.ca





Welcome!

We're glad you're here.

If you've had a recent cardiac event or diagnosis, or you just want to get started with exercise, this app is for you.

GET STARTED

← Tell Us About Yourself

Age range:

<50

Gender:

Male



CONTINUE

← Tell Us About Yourself

Which statement describes you best?

- I've had a heart event/diagnosis and want to start exercising.
- I do not have a heart condition/diagnosis but want to start exercising again.
- I do not have a heart condition/diagnosis and have never exercised before.
- I have a heart event/diagnosis and have completed a cardiac rehabilitation program.



CONTINUE

← Tell Us About Yourself

If you are unsure if exercise is safe for you, please speak with your health care professional. You can also complete a screening questionnaire online: eparmedx.com.

Note that any information provided by the HeartWise Exercise app is not medical advice and is not intended as a substitute for medical professional help, advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you have regarding your medical care.



CONTINUE

← Your Current Exercise

In one session, how long can you exercise continuously at any intensity?

- Less than 15 minutes
- More than 15 minutes, but less than 30 minutes
- More than 30 minutes



CONTINUE

← Your Current Exercise

At what intensity can you exercise at this length of time?



Slide to Select

Each time you exercise with the app, slide the circle to choose the picture and/or the words that suit how you felt that day. Each day is a different day.



CONTINUE

Rating of Perceived Exertion



Light effort, slight change in breathing and/or heart rate.

Easy



Medium effort and an increase in breathing and/or heart rate but can easily carry on a conversation.

Moderate



Takes effort, more of an increase in breathing and/or heart rate but can speak a short sentence.

Hard



Takes maximum effort and is too hard to sustain. Cannot speak a sentence without gasping.

Very Hard

Remember, each day is different and some days will feel harder than others. Work to a comfortable level, even if it's less than yesterday.

CONTINUE

← Aerobic Exercise

This program will prescribe daily aerobic exercise (exercise that gets your heart pumping).

These are the exercise icons you'll see in your program.



Walking (with or without poles), hiking, jogging or running.



Cycling (outdoors or indoors)



Water aerobics (aquafit), swimming laps or swimming distance outdoors



Recumbent stepper, elliptical, rowing machine, skating, cross-country skiing, dancing, other.

Sometimes it's fun to change it up to stay motivated.

Here are some other options:

Indoor Options

Home, malls, schools, fitness clubs, recreation centres, community pools

Outdoor Options

Neighborhood, school track, outdoor walking clubs.

← Let's Get Started

Based on the information you've provided, we've created the following exercise program.

Your first goal is to create a habit of daily exercise at a low intensity before progressing further.

GET STARTED

Today's Exercise Program

Friday, July 24, 2020

TARGET EXERCISE TIME

30 minutes

Coaching Tip

For the first 14 sessions we will focus on building your endurance by keeping the level of effort easy. This is an important foundation before moving on to progressing your speed or intensity.

CONTINUE

that you never gave up. - Brittany Burgunder

LOG EXERCISE

Today's Exercise Program

Friday, July 24, 2020

TARGET EXERCISE TIME

30 minutes

TARGET EFFORT LEVEL

Easy 

Soon, when all is well, you're going to look back on this period of your life and be so glad that you never gave up. - Brittany Burgunder

LOG EXERCISE

Rating of Perceived Exertion



Light effort, slight change in breathing and/or heart rate.

Easy



Medium effort and an increase in breathing and/or heart rate but can easily carry on a conversation.

Moderate



Takes effort, more of an increase in breathing and/or heart rate but can speak a short sentence.

Hard



Takes maximum effort and is too hard to sustain. Cannot speak a sentence without gasping.

Very Hard

Remember, each day is different and some days will feel harder than others. Work to a comfortable level, even if it's less than yesterday.

CONTINUE

Today's Exercise Program

Friday, July 24, 2020

TARGET EXERCISE TIME

30 minutes

TARGET EFFORT LEVEL

Easy 

Soon, when all is well, you're going to look back on this period of your life and be so glad that you never gave up. - Brittany Burgunder


LOG EXERCISE





← Today's Exercise Program

Walk/Jog Bike Swim Other

HOW LONG DID YOU EXERCISE FOR

30 min 

HOW'D IT FEEL 



Slide to Select

SUBMIT


Today History Resources Options


← Today's Exercise Program


SELECT ONE OR MORE EXERCISE TYPE

Walk/Jog Bike Swim Other

HOW LONG DID YOU EXERCISE FOR

45 min 

HOW'D IT FEEL 



Moderate

SUBMIT

Today History Resources Options

Today's Exercise Program

Friday, July 24, 2020



You did it!

TIME COMPLETED

45 min

TARGET TIME

33 min

EFFORT LEVEL

Moderate 

TARGET LEVEL

Easy



Session History

TODAY



Time: 45 minutes
Effort: Moderate



YESTERDAY



Time: 35 minutes
Effort: Moderate



July 22, 2020



Time: 50 minutes
Effort: Moderate



July 21, 2020



Time: 45 minutes
Effort: Moderate



June 11, 2020



Time: 34 minutes
Effort: Moderate



June 09, 2020



← Session Details

< July 24, 2020 >

 45 min 



Moderate

SESSION TARGET

Time: 33 minutes

Effort Level: Moderate



Today



History



Resources



Options

← Session Details

< July 23, 2020 >

 35 min



Moderate

SESSION TARGET

Time: 32 minutes

Effort Level: Moderate



Today



History



Resources



Options

Resources



MORE ABOUT EXERCISE

Useful tips for starting an exercise program



INFO ON HEART HEALTH

Learn more about risk factors for heart disease



FAQs

Answers to commonly asked questions about using this app



HELPFUL LINKS

Links to University of Ottawa Heart Institute websites related to Heart Healthy Living



Today



History



Resources



Options

← MORE ABOUT EXERCISE

Aerobic exercise



Overexertion or Working Too Hard



Warm-Up



Cool-Down



Exercise Effort Level



Rating of Perceived Exertion



Choosing Your Exercise



Exercise and Illness



FITT principle



Strength Exercises



Flexibility Exercises



Exercise VS. Physical Activity



Today



History



Resources



Options



Warm-Up

A warm-up includes any light exercise, ideally a lighter version of your intended exercise. You should warm-up for 5-10 minutes, building up to your intended effort level.

If you get angina or other symptoms when you exercise, you may need a longer warm-up.

For more information about warm-up and cool-down see our [Physical Activity Guide](#).



Today



History



Resources



Options



HOME » PATIENTS & VISITORS » TOOLS AND RESOURCES »

PATIENT GUIDES » CARDIAC REHABILITATION: PHYSICAL ACTIVITY



Cardiac Rehabilitation: Physical Activity Guide

 **Cardiac Rehabilitation: Physical Activity Guide** ▼

Warm Up and Cool Down

Your exercise session should include a warm up, an aerobic training period and a cool down.

Warming Up

A warm up includes any light exercise—ideally a light version of your intended exercise. If you are walking, do light walking or if you are swimming, do light swimming. You should warm up for up to 10 minutes, leading up to your intended exercise level. If you get angina when you exercise, you may even want a longer warm up.





Why Warm Up

- To slowly increase your heart rate to an aerobic level of exercise
- To prepare your heart and muscles for

Donate Now



Resources


- **MORE ABOUT EXERCISE**
Useful tips for starting an exercise program >
- **INFO ON HEART HEALTH**
Learn more about risk factors for heart disease >
- **FAQs**
Answers to commonly asked questions about using this app >
- **HELPFUL LINKS**
Links to University of Ottawa Heart Institute websites related to Heart Healthy Living >





INFO ON HEART HEALTH


- 10 Tips for Emotional Health** >
- 10 Tips for Healthy Eating** >
- 10 Tips for Healthy Sleep** >
- 10 Tips for Managing Stress** >
- 10 Tips for Managing the Holidays** >
- Physical Activity Guide** >
- Nutrition Guide** >
- Stress Management Guide** >
- Depression and Anxiety Guide** >
- Sleep Guide** >
- Mental Health Resources Guide** >
- Nordic Walking Guide** >

Resources

- 

MORE ABOUT EXERCISE
Useful tips for starting an exercise program >
- 

INFO ON HEART HEALTH
Learn more about risk factors for heart disease >
- 

FAQs
Answers to commonly asked questions about using this app >
- 

HELPFUL LINKS
Links to University of Ottawa Heart Institute websites related to Heart Healthy Living >



FAQs

- Should I also be lifting weights? >
- Why am I now seeing a warm up/cool down message? >
- How do I know if I'm working hard enough? >
- I find it difficult to complete the full target time. What should I do? >
- I forgot to log my exercise in the app yesterday. Can I go back and add it today? >
- How do I log my exercise session in the app? >
- Can I use this as a tool to only log my exercise? >
- Can I go back and log my exercise from yesterday? >
- Why is my prescribed Target Effort Level always Easy? >
- Don't see your question here? Visit our website for more answers. >

Resources



MORE ABOUT EXERCISE

Useful tips for starting an exercise program



INFO ON HEART HEALTH

Learn more about risk factors for heart disease



FAQs

Answers to commonly asked questions about using this app



HELPFUL LINKS

Links to University of Ottawa Heart Institute websites related to Heart Healthy Living



HELPFUL LINKS

University of Ottawa Heart Institute Cardiac Rehab Information



Find a Cardiac Rehab Program



Heart Wise Exercise



University of Ottawa Heart Institute Prevention and Wellness Centre



Canadian Women's Heart Health Centre



University of Ottawa Heart Institute FrancoForme Program



University of Ottawa Heart Institute Quit Smoking Resources



Options



Account Details



Terms of Service



Privacy Policy



Contact us



Log Out



Today



History



Resources



Options



Today



History



Resources



Options



Today



History



Resources

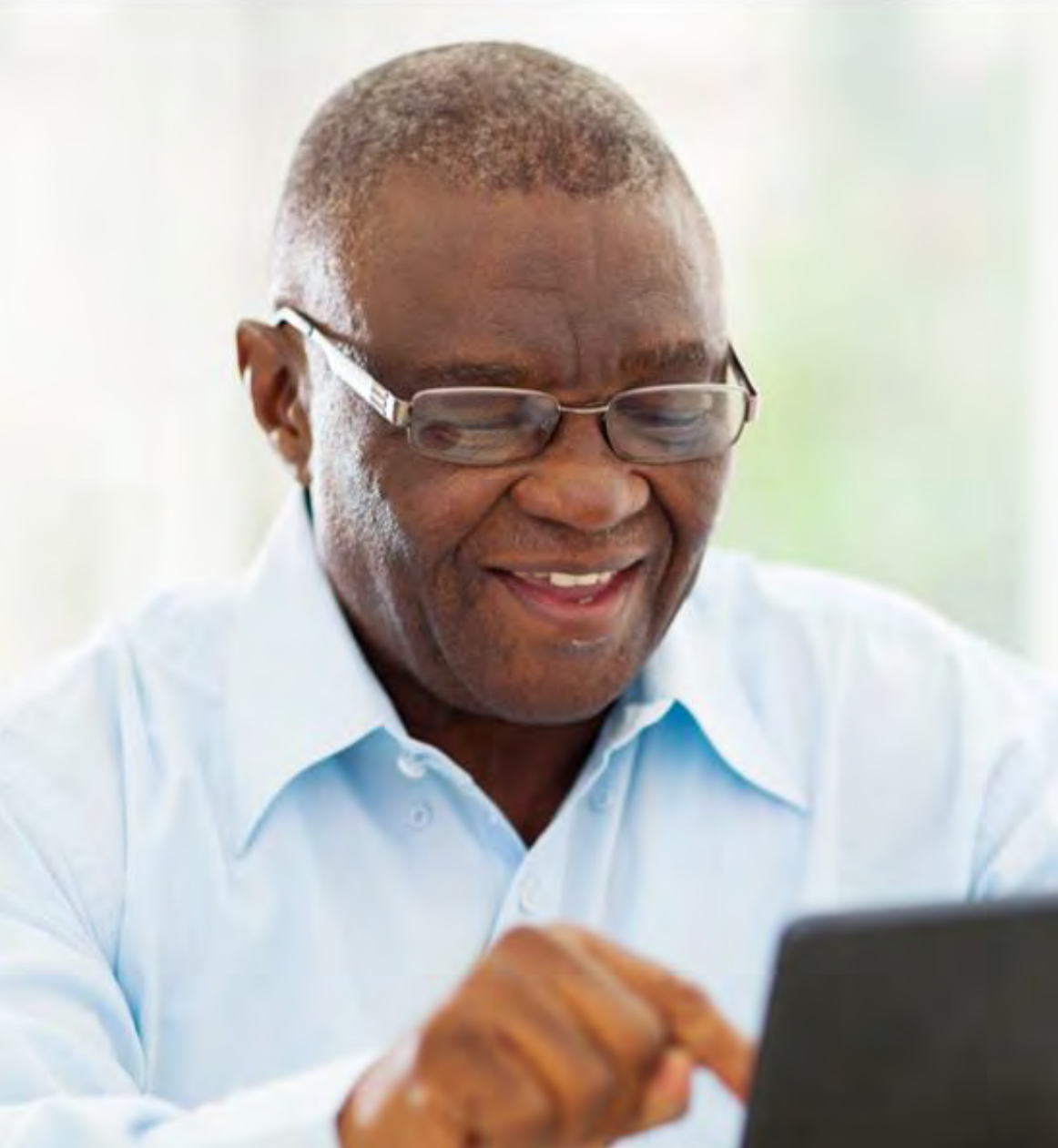


Options



MOVING FORWARD

- Covid-19 pandemic
- Cardiac Rehabilitation
- Your fitness journey



WE WANT YOUR **FEEDBACK!**

- Evaluation
- Survey
- Email

heartwiseapp@ottawaheart.ca



HeartWise
 PODCAST

HEARTWISE PODCAST

pwc.ottawaheart.ca/programs-services/heartwise-initiatives/heartwise-podcast



HeartWise
 EXERCISE APP

HEARTWISE EXERCISE MOBILE APPLICATION

pwc.ottawaheart.ca/programs-services/heartwise-initiatives/heartwise-exercise-mobile-application



HeartWise
 FOOD SOLUTION

HEARTWISE FOOD SOLUTION

pwc.ottawaheart.ca/programs-services/heartwise-initiatives/heartwise-food-solution



HeartWise
 E-UNIVERSITY

HEARTWISE E-UNIVERSITY

pwc.ottawaheart.ca/programs-services/heartwise-initiatives/heartwise-e-university



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HEARTWISE WEBINAR SERIES

HEARTWISE EXERCISE APP

QUESTIONS?

To find out more, visit:

pwc.ottawaheart.ca/programs-services/heartwise-initiatives/

Or email heartwiseapp@ottawaheart.ca

For any other questions or webinar ideas,
please email heartwisewebinar@ottawaheart.ca

THANK YOU FOR JOINING!