INTRODUCING THE HEARTWISE EXERCISE MOBILE APPLICATION

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WELCOME HOUSEKEEPING

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

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YOU CAN CHANGE DESTINY BY MODIFYING YOUR RISKS.

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)
HEARTWISE EXERCISE MOBILE APPLICATION

HeartWise Exercise App

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...
Welcome to HeartWise Exercise

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.

Tell Us About Yourself

Age range:
<50

Gender:
Male

Don't have an HeartWise Exercise account?
Create an account.

By continuing you agree with the HeartWise Exercise Terms of Service and Privacy Policy
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.

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.
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
- [x] More than 30 minutes

Your Current Exercise

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

- [ ] Light effort, slight change in breathing and/or heart rate.
- [ ] Medium effort and an increase in breathing and/or heart rate but can easily carry on a conversation.
- [ ] Takes effort, more of an increase in breathing and/or heart rate but can speak a short sentence.
- [ ] Takes maximum effort and is too hard to sustain. Cannot speak a sentence without gasping.

Rating of Perceived Exertion

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.

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.
**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.
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

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
Friday, July 24, 2020

You did it!

Time Completed: 45 min
Target Time: 33 min
Effort Level: Moderate
Effort Level: Easy

Session History

TODAY
Time: 45 minutes
Effort: Moderate

YESTERDAY
July 22, 2020
Time: 35 minutes
Effort: Moderate

July 21, 2020
Time: 45 minutes
Effort: Moderate

June 11, 2020
Time: 34 minutes
Effort: Moderate

June 09, 2020
Time: 50 minutes
Effort: Moderate
Session Details

📅 July 24, 2020

🚴‍♀️ 45 min

Moderate

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Session Details

📅 July 23, 2020

🚴‍♀️ 35 min

Moderate

---

Session Target

Time: 33 minutes
Effort Level: Moderate

---

Session Target

Time: 32 minutes
Effort Level: Moderate
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

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
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](#).

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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 exercise
MOVING FORWARD

- Covid-19 pandemic
- Cardiac Rehabilitation
- Your fitness journey
**NEXT STEPS**

**WE WANT YOUR FEEDBACK!**

- Evaluation
- Survey
- Email

heartwiseapp@ottawaheart.ca
HEARTWISE WEBINAR SERIES

HEARTWISE EXERCISE APP

QUESTIONS?

To find our 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!