

An aerial photograph of a vast agricultural field, likely a flower field, showing alternating rows of vibrant red and green plants. In the upper right corner, a small red tractor is visible, working in the field. A large, white, rounded rectangular overlay is centered on the image, containing the text.

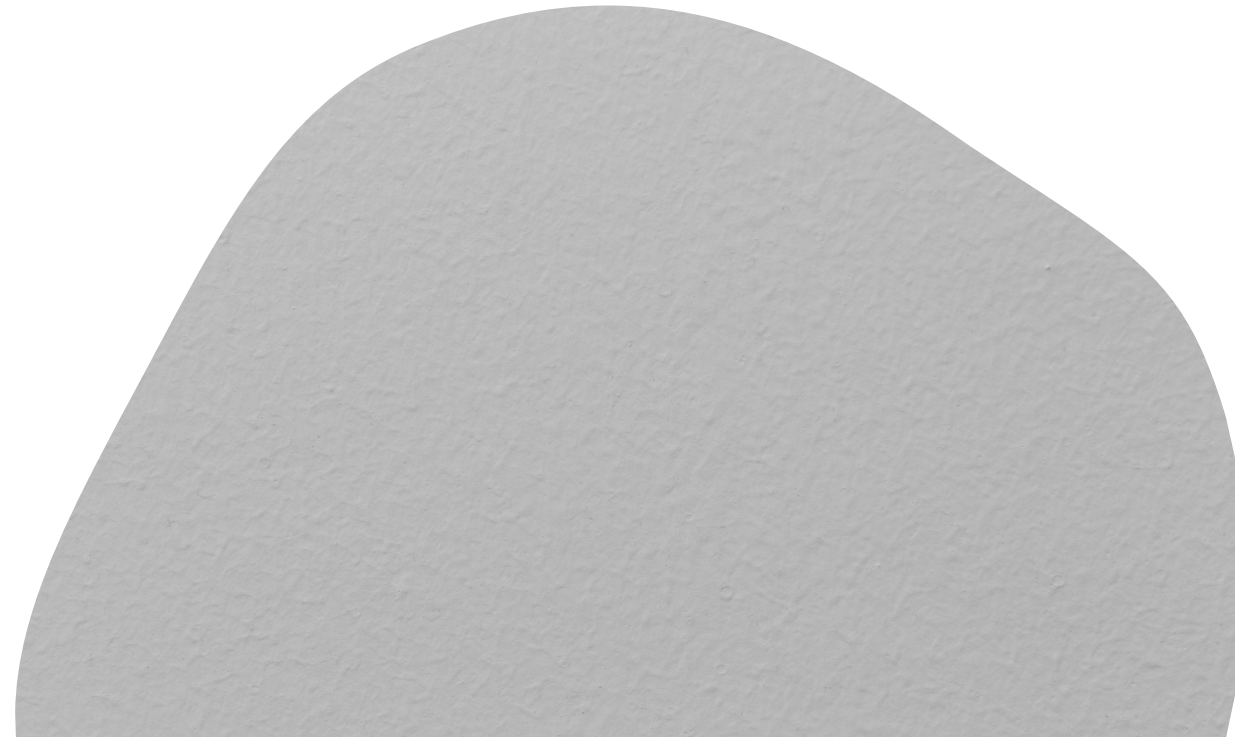
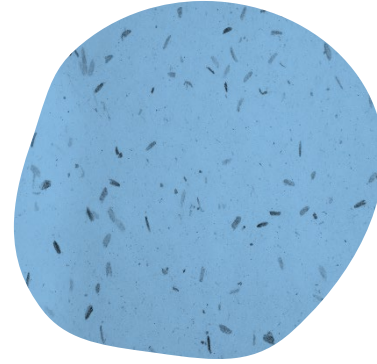
Cardio Vascular Health

Agenda

- Introduction
- Heart Wise Exercise History
- Cardio Vascular Disease Review
- Woman's Heart Health
- Exercise Prescription

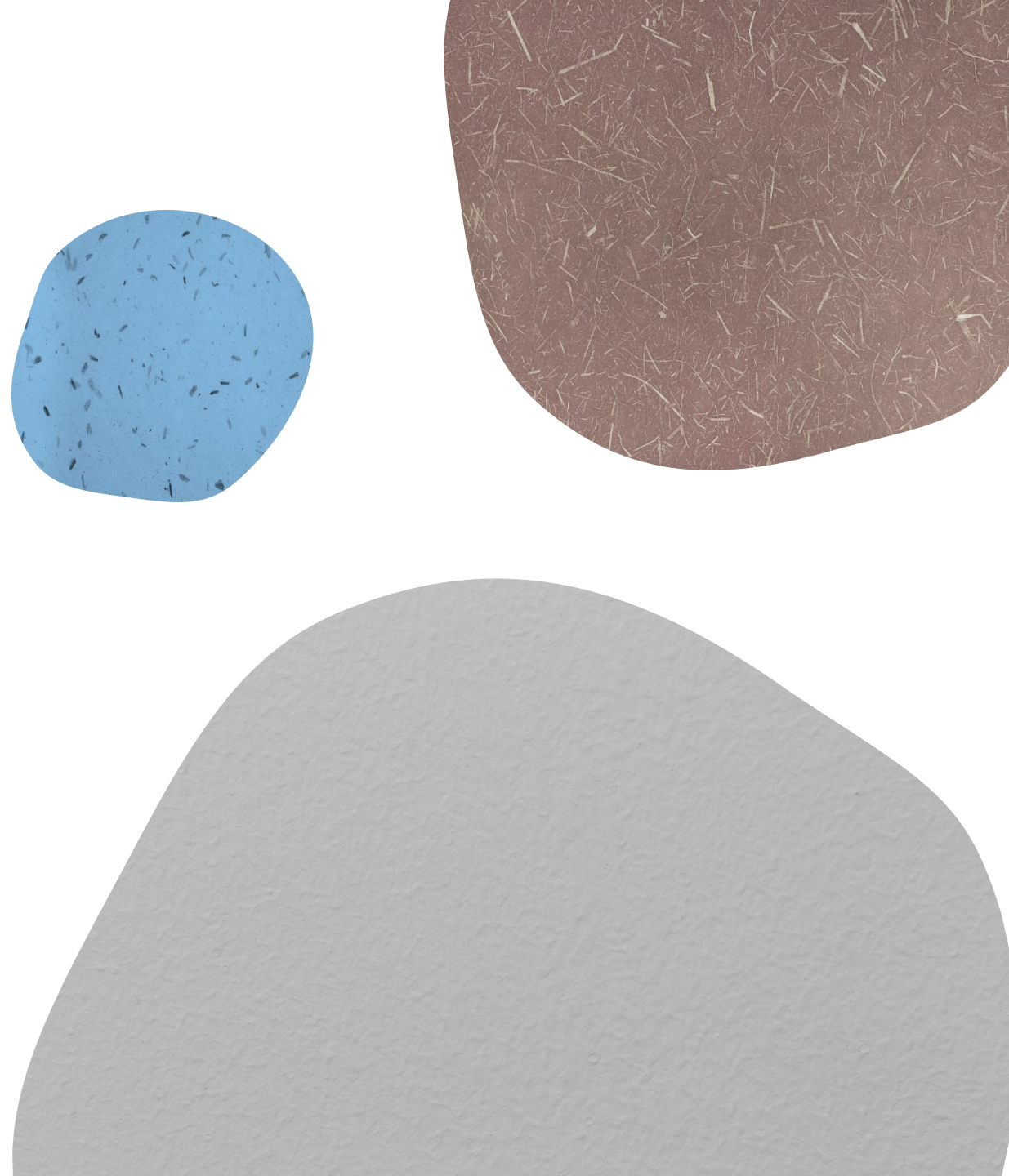
Heart Wise Exercise

- Heart Wise Exercise works with fitness providers in your community to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition



CVD is the leading cause of death, disability, and hospitalization within Ontario and the Champlain region.

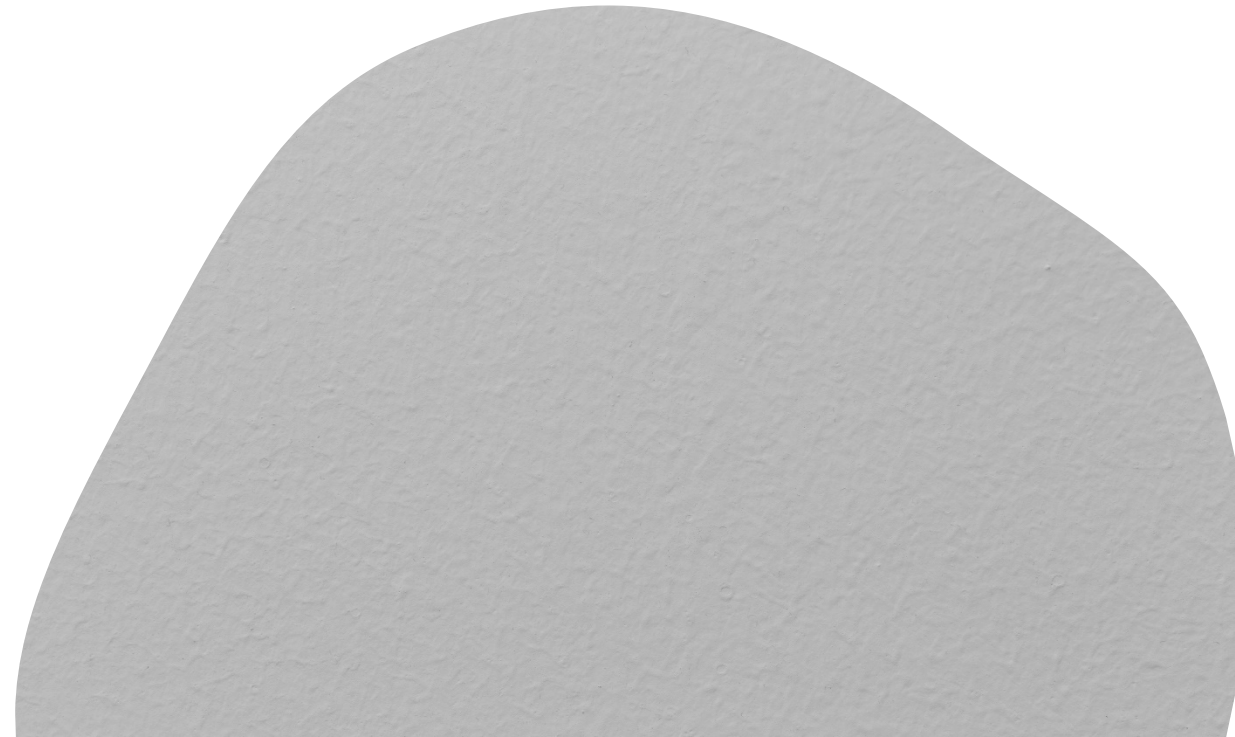
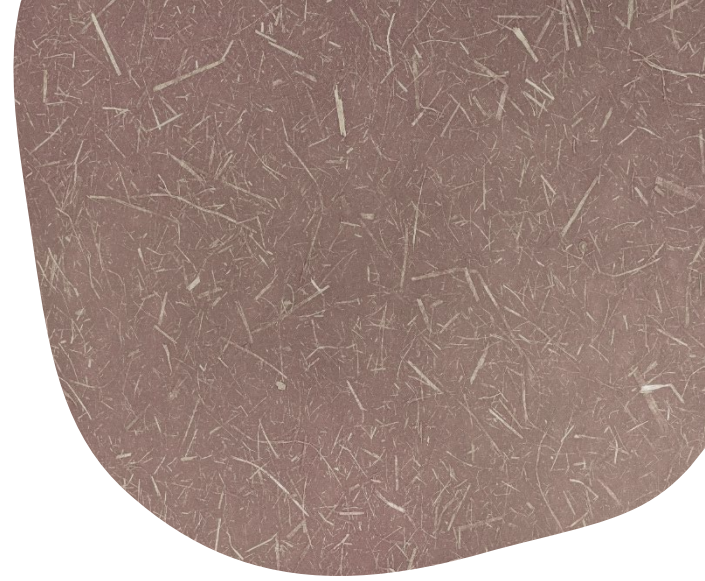
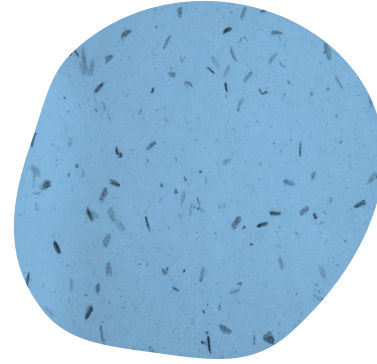
- In 2023, around 76,962 Canadians died from major cardiovascular diseases. Diseases of the heart are the second leading cause of death in Canada.



HWE Criteria

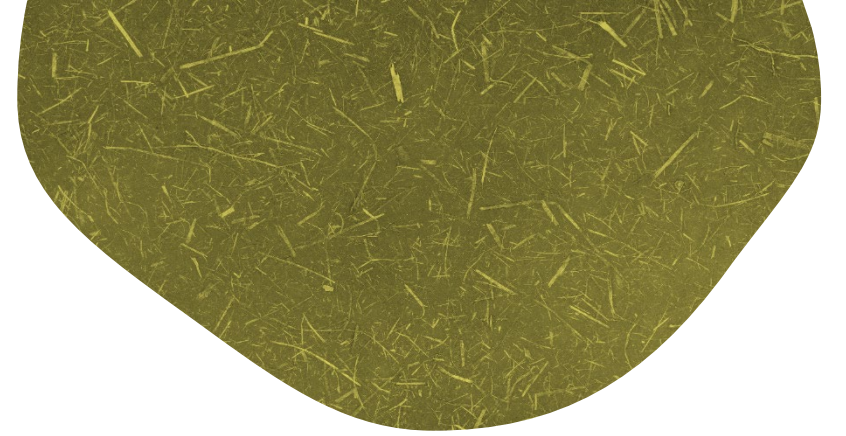
- A program or class that displays the Heart Wise Exercise logo does all of the following:
 1. Encourages regular, daily aerobic exercise
 2. Encourages and incorporates warm up, cool down and self-monitoring with all exercise sessions
 3. Allows participants to exercise at a safe level and offers options to modify intensity
 4. Includes participants with chronic health conditions – physician approval *may* be required
 5. Offers health screening for all participants
 6. Has a documented emergency plan that is known to all exercise leaders.

- The best way to improve heart health is to do some aerobic exercise every day. This simply means any rhythmic exercise using the larger muscles of the body that increases the heart rate for at least 10 minutes, but ideally for a minimum of 30 minutes, at one time (aiming for up to 60 minutes). Great examples of aerobic exercise include walking, swimming, skating, and of course many fitness classes.



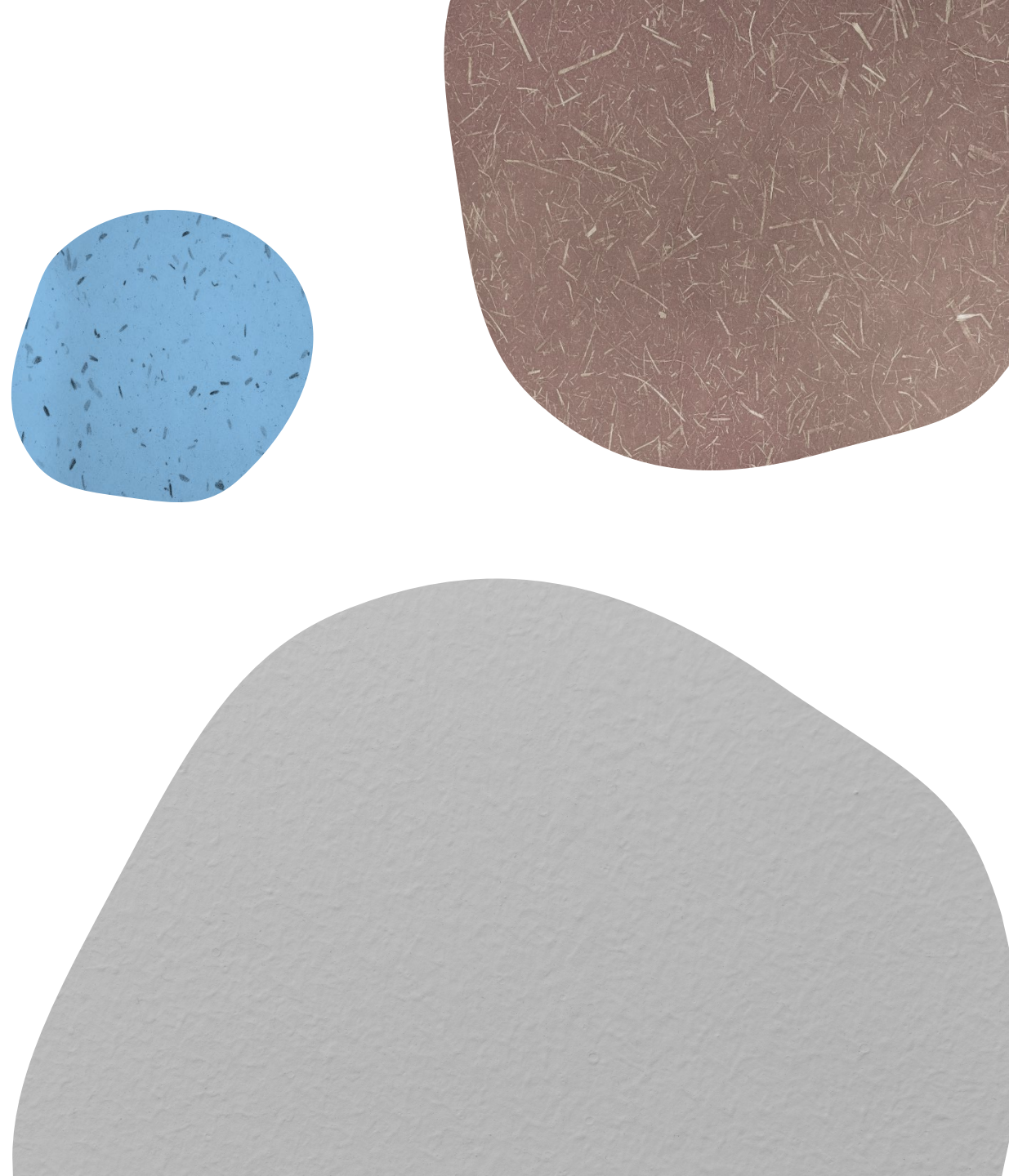
Risk Factors for Cardiovascular Disease

- Physical inactivity
- Smoking
- High cholesterol
- High blood pressure
- Obesity
- Tension or stress
- Diabetes



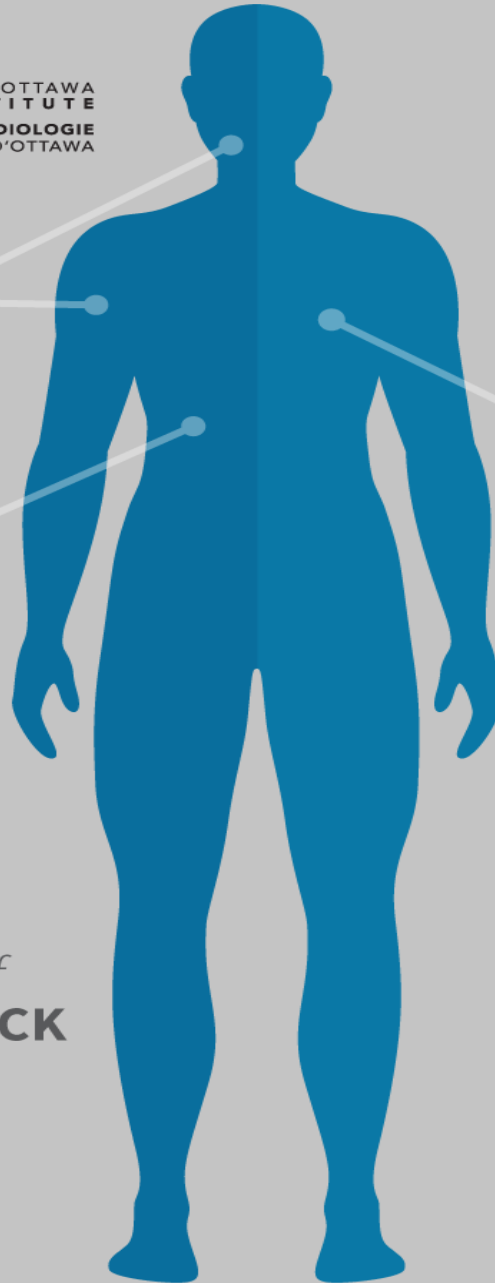
The risky lifestyle choices Canadians are making can be seen in these statistics:

- Roughly 49.2% of the Canadian population fails to get the recommended amount of physical activity.^{[9](#)}
- In 2017, only 28.6% of Canadians 12 and over reported they had fruits and vegetables more than five times per day.^{[10](#)}
- Over 5 million Canadian adults have obesity which increases their risk for diabetes, high cholesterol, and high pressure.^{[11](#)}
- Approximately 2.3 million Canadians over the age of 12 have been diagnosed with diabetes.^{[12](#)}
- The number of Canadians with high blood pressure is on the rise for those over the age of 35 amounting to 78.6%. ^{[13](#)}
- 14.8% of the Canadian population is made up of daily smokers. Smoking increases the risk for high blood pressure and narrowing of the arteries.^{[14](#)}





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Pain in
the back, neck,
jaw, or arm

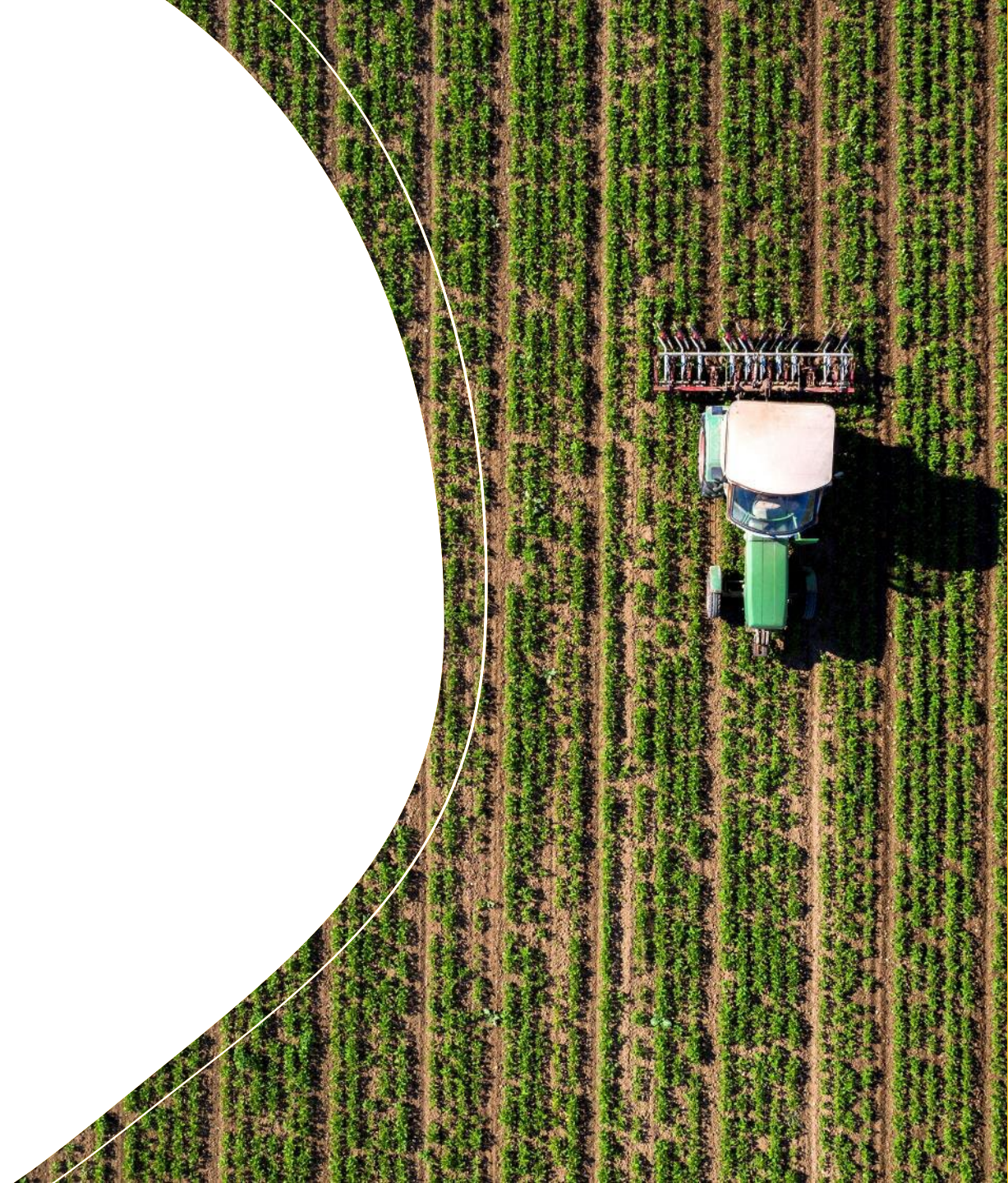
Pain in
upper
abdomen

Sweating
Loss of
consciousness
Nausea

Chest pain,
tightness, heaviness
(angina)
Shortness of breath

Symptoms of
HEART ATTACK
in men

Women's Heart Health





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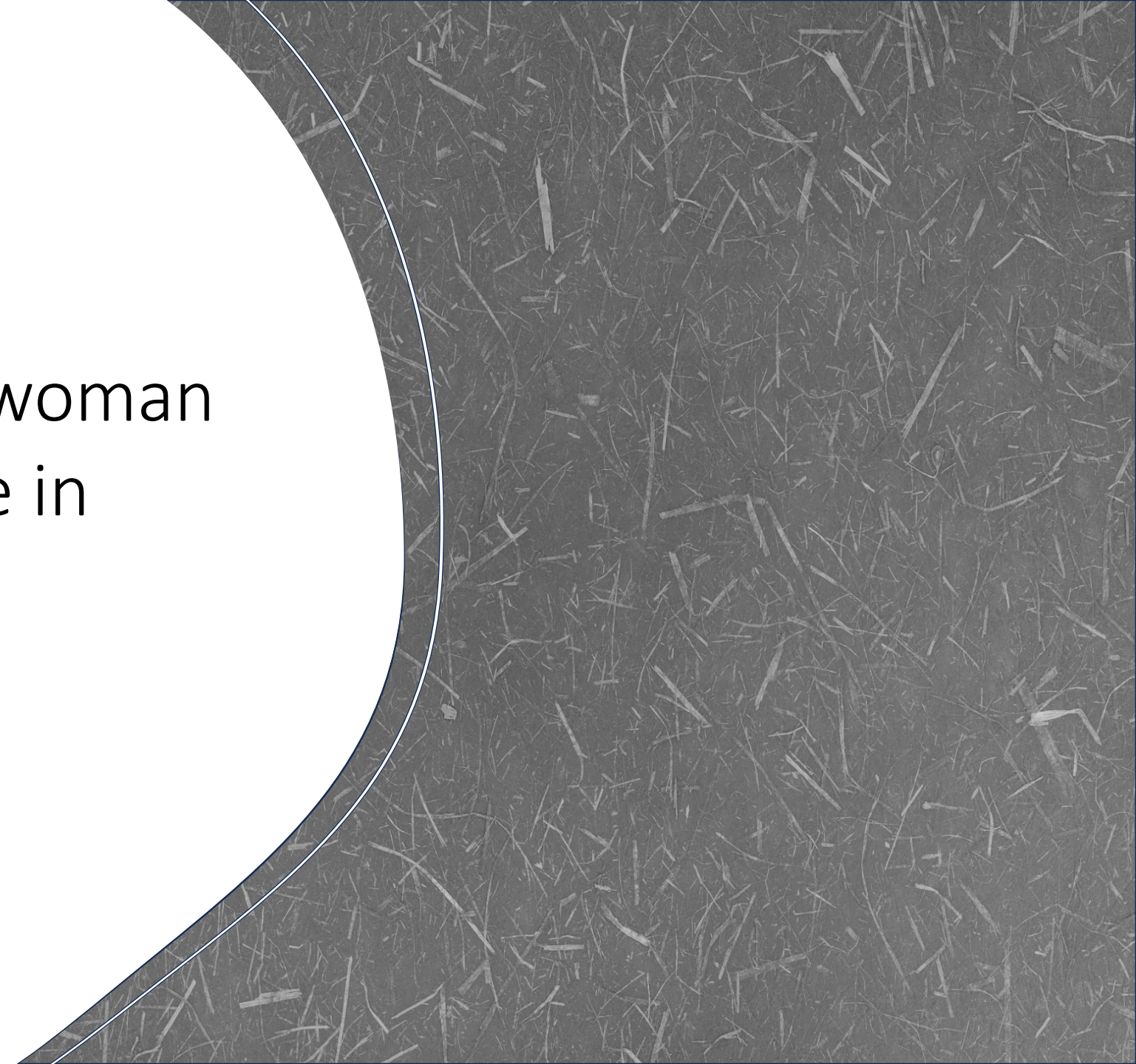
Pain in
the back, neck,
jaw, or arm

Pain in upper
abdomen
Indigestion

Sweating
Loss of
consciousness
Unusual tiredness,
trouble sleeping
Nausea
Anxiety

Chest pain,
tightness, heaviness
(angina)
Shortness of breath

Symptoms of
HEART ATTACK
in women



Every 22 minutes a woman
dies of heart disease in
Canada

That is 5X more than breast
cancer

Knowledge is Power

Heart disease studies were originally done on men, but anatomically the genders differ.

Women have smaller arteries with higher blood flow, leading to greater endothelial sheer stress and arterial stiffness

Cardiac Rehab is crucial but 50% of woman are less likely to attend and have a 2nd heart attack.

40+ estrogen is dropping and higher incidents of diabetes and high Blood Pressure

Reduce risk factors is first steps

Women's symptoms of heart attack

- Fatigue
 - Indigestion
 - Anxiety
 - Chest discomfort
 - Trouble sleeping
 - Pain jaw/back/shoulders
- There is inequality and bias to woman in the medical field.
 - Woman themselves do not seek help
 - Studies were originally done with men

Exercise can influence and improve heart health

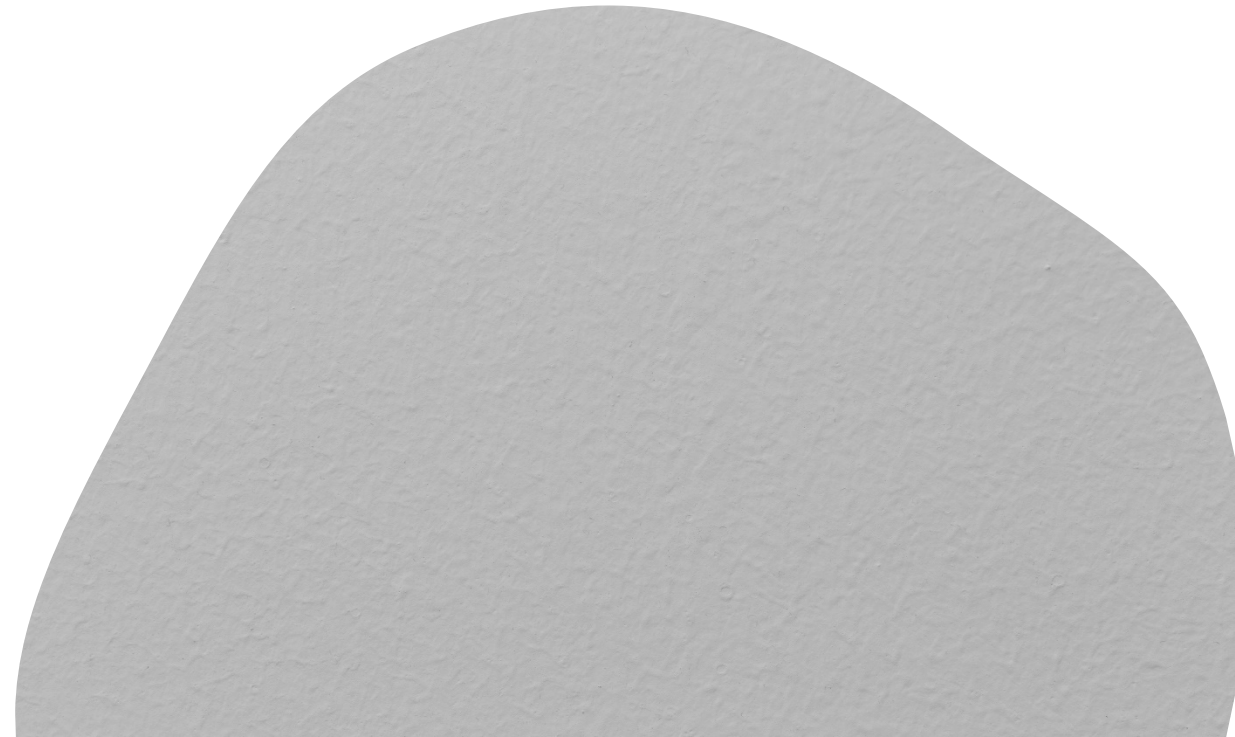
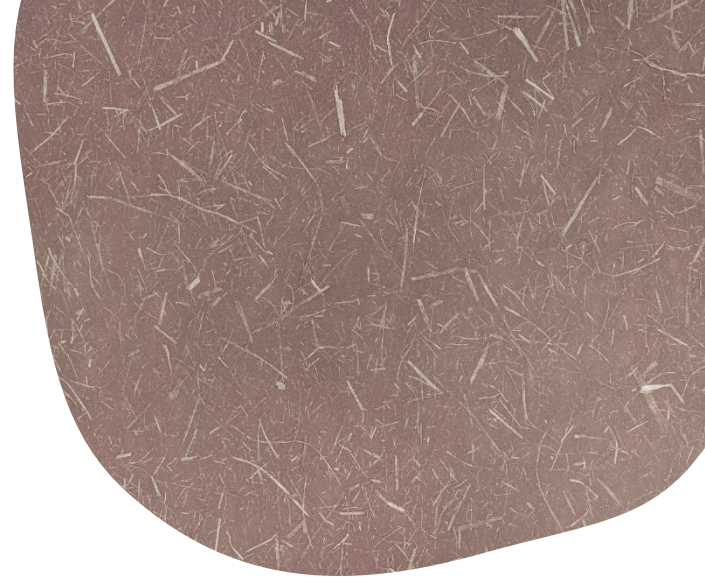
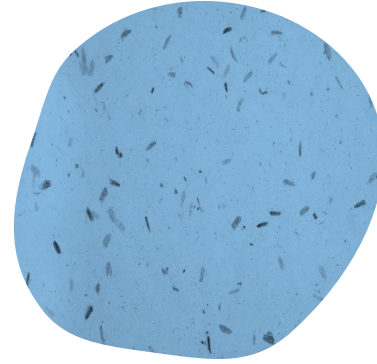
Gradual warmup and cool down

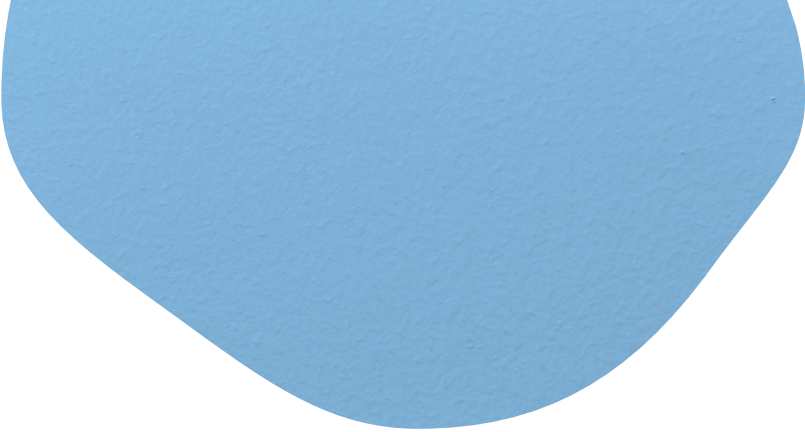
Increased workload on the heart does increase the risk of heart attack, so build progressively



Role of Exercise

- Train the heart muscles to work more efficiently
- Improve good cholesterol (HDL) and decrease bad (LDL)
- Decrease body weight
- Reduce stress levels



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- Decreased aerobic capacity decreases ADL function & activity levels

- Challenge is to increase function progressively
- Monitor intensity and change workout