



## HEART WISE EXERCISE NETWORK

Heart Wise Exercise programs are intended for participants who are interested or concerned about their heart health.

Heart Wise Exercise programs meet the following criteria:

- encourages regular, daily aerobic exercise
- incorporates and encourages warm up, cool down and self-monitoring with all exercise sessions
- allows participants to exercise at a safe level, and has progressive options to increase intensity if appropriate
- accepts participants with a known history of cardiac disease – provided they have physician approval
- provides health screening for all participants
- has an emergency plan that is documented and known to all exercise leaders, including the requirement of current CPR certification, phone access to EMS and presence of an AED