

What can you expect?

The following outline describes the COACH individual, group exercise sessions. Group exercise sessions* take place Tues & Thurs at your choice of 8am, 9am, 10am, 11am or 1:30pm.

Initial Assessment

- We will review your health history and risk factors for heart disease; measure your cardiovascular risk factors (see Risk Factor section); perform a submaximal fitness assessment; determine an appropriate exercise prescription.

Group Exercise Sessions*

- We will monitor blood pressure, heart rate, oxygen saturation, EKG (dependent on risk), blood sugars (if applicable) and overall response to exercise.
- Exercise sessions include discussion of common factors that affect your exercise experience (ie. exercise and medications, hydration, weather conditions and stretching).
- Group exercise sessions occur twice per week (Tuesdays and Thursdays)-check your calendar for your scheduled sessions.
- Our exercise sessions include aerobic, flexibility, strength and core training.

Individual Exercise Prescription

- This will be based on your cardiac and medical history, initial risk factor assessment and your level of fitness. We will help you plan long term goals related to your exercise program.

Final Assessment

- We review your personal risk factors, medications, health status and fitness levels and repeat the sub maximal fitness assessment.

**For all exercise sessions, please wear running shoes, sweat pants/shorts, a short sleeve shirt and bring a water bottle, nitroglycerine spray (if prescribed) and hand towel.*