

Hearts in Motion

Cardiac Rehabilitation Program



About Hearts in Motion

Hearts in Motion is an in-person cardiovascular rehabilitation program designed to support people living with cardiovascular disease or cardiovascular risk factors. The program combines supervised exercise, education, and health monitoring to help participants improve and manage their cardiovascular health. The program is delivered by a team of health professionals, including a registered nurse, physiotherapist, registered dietitian, and nurse practitioner.

Who Can Participate?

You may be eligible if you:

- Have established cardiovascular disease
- Are recovering from heart surgery
- Have atrial fibrillation (A-Fib) and associated risk factors
- Have diabetes and cardiovascular risk factors
- Have three or more cardiovascular risk factors

What to Expect

Most Hearts in Motion programs run for 12 weeks (Sherbrooke programs run for 8 weeks).

Participants attend two sessions per week (roughly 3 hours per week). Sessions are group-based and led by health professionals. The program includes:



Supervised Exercise

One or two exercise sessions each week designed to safely improve cardiovascular fitness and strength.



Education Sessions

One education session each week covering topics such as:

- Heart-healthy eating
- Physical activity and exercise
- Stress management
- Goal setting
- Home exercise routines



Health Monitoring

- Pre- and post-program bloodwork and health assessments
- Monitoring of blood pressure, blood glucose, and other health measures during exercise

Once you have been successfully referred or self-referred to the program:



A member of the Hearts in Motion team will contact you.

You will be scheduled for an intake appointment.

You will complete any pre-program testing, such as bloodwork.

You will receive your program location, start date and schedule.

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Program Locations:

Antigonish Heatherton
Port Hawkesbury Sherbrooke
Guysborough

Program availability and start dates vary by location. Wait times can be longer in some areas than others. Patients who are willing and able to travel to another participating location may be able to start sooner.



Meet the Team:

- Dr. Amy Hendricks, Medical Director
- Kaitlyn Peckham, Health Services Lead
- Kirsten Wright, Administrative Assistant
- Kyla Neary Griffiths, Registered Nurse
- Aly Gillis, Physiotherapist
- Leanne Murphy, Registered Dietitian
- Marla MacDonald, Nurse Practitioner

Frequently Asked Questions



How much does the program cost?

There is no cost to participate in the program.



Do I need a referral?

No. Patients can be referred by any healthcare provider. Self-referrals are also accepted.



Do I need to be physically fit before starting?

No. The program is designed for people with a range of fitness levels and health conditions.



What if I can no longer attend?

Please contact the Hearts in Motion team as soon as possible if your circumstances change or you are unable to participate.

Preparing for Your First Day:

- ✓ Bring a water bottle
- ✓ Bring indoor walking shoes
- ✓ Eat breakfast or a light meal before attending
- ✓ Wear comfortable clothing suitable for exercise
- ✓ Bring your glucometer if you have diabetes



Questions? Contact the Hearts in Motion team:

Antigonish Health & Wellness Centre
St. Martha's Regional Hospital
23 Bay St, Antigonish

Phone: 902-863-7193
Fax: 902-863-7194
Self-referrals are accepted