

2018

Arnprior COPD Exercise Guide






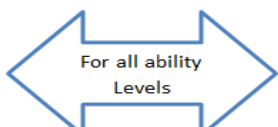

Arnprior and Area Rural
Health Hub






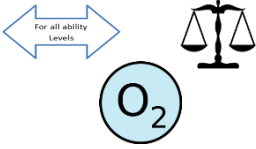
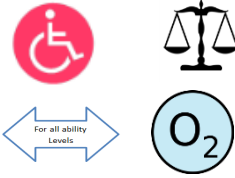
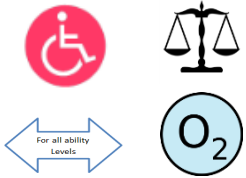
This guide was developed by various health care providers in Arnprior to help persons with a Chronic Obstructive Pulmonary Disease (COPD) find local exercise programs that are right for them!

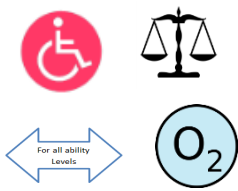

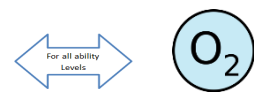
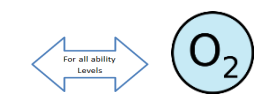
To find a program that is right for you, look in the “Patient Accessibility Legend” below to find a concern that you have about accessing an exercise program. Then, look for the symbol beside the program to see if they can accommodate your needs.

Please keep in mind that exercise programs in town do change. Check for an updated copy of this guide at least once a year to make sure you know about the all of the new programs that are available.

Local health care providers have also partnered with **211 Ontario** to ensure that everyone can find the services they need for COPD. If you are looking for services, you can go to www.211Ontario.ca and search for what you need. Or, you can pick up the phone and dial 2-1-1 (like 911) and a call taker will be happy to help you find what you are looking for!

PATIENT ACCESSIBILITY LEGEND		
Mobility Aids		Persons with a mobility aid (wheelchair, walkers, etc.) will be able to participate in these classes/programs.
Oxygen		Persons on oxygen will be able to participate in these classes/programs.
Heart-Wise Certified		These exercise classes/programs are led by instructors with special training.
Modified Exercise		The instructor can modify the exercises/program to meet your needs.
Balance		Persons with balance problems can participate in these classes/programs.

Accessibility	Class	Description	Location
	Hatha Yoga	A 60-minute class to incorporate poses and postures for strength, flexibility and balance	Nick Smith Center 77 Janes St. Arnprior 613-623-0976
	Aqua Fit	An excellent workout in the pool, increasing both aerobic and muscular fitness without the risk of high-impact moves	Nick Smith Center 77 Janes St. Arnprior 613-623-0976
	Aqua Jogging	You may not be able to walk on water, but you can run in the pool!	Nick Smith Center 77 Janes St. Arnprior 613-623-0976
	eXcel Waterfit	Designed to use the natural support and resistance of the water to improve overall fitness	Nick Smith Center 77 Janes St. Arnprior 613-623-0976
	Adult/Leisure Swim	Adult public swim with set lanes. Leisure swim is a non-structured adult swim.	Nick Smith Center 77 Janes St. Arnprior 613-623-0976
	Senior's Chair Exercise	Low-impact chair exercises for seniors	Nick Smith Center 77 Janes St. Arnprior 613-623-0976
	Fitness for Breath	A respiratory maintenance program for persons who have graduated from a breathing or heart rehabilitation program. Program requires a referral from a doctor.	Nick Smith Center 77 Janes St. Arnprior 613-623-0976
	Active You!	Learn how to build your own exercise program to suit your needs and abilities	Arnprior Family Health Team 346 John St N. Arnprior 613-622-5763

	<p>Get W.I.T.H It!</p>	<p>Walking in the halls! Provides community members with a warm and safe place to stay active during the winter. Everyone can participate!</p>	<p>Arnprior District High School 59 Ottawa St, Arnprior 613-326-3183</p>
	<p>Walking Group</p>	<p>Group walking classes for everyone, hosted on the outdoor track, weather permitting</p>	<p>Arnprior District High School 59 Ottawa St, Arnprior 613-326-3183</p>
	<p>Yoga</p>	<p>Multiple yoga classes offered throughout the week</p>	<p>Rising Lotus Studio 150 John St N. Arnprior 613-225-3519</p>
	<p>Fit Females</p>	<p>Gentle low & lean class. A 60-minute workout that incorporates 30 minutes of low-impact aerobics followed by 30 minutes of strength training.</p>	<p>Arnprior Fitness Center – Quality Inn 70 Madawaska Blvd. Arnprior 613-720-4774</p>
<p>Please contact exercise provider</p>	<p>Heart Wise trained staff</p>	<p>Some places in town have staff that have taken the Heart Wise training course, but are not certified by the Ottawa Heart Institute.</p>	<p>Ultimate Fitness 53 James St, Arnprior 613-623-9726</p> <p>Rising Lotus Yoga 150 John St N, Arnprior 613-255-3519</p>