

AROUND the TRACK

Spring 2013

FREE

Parking
Shuttles from TTC & Parking
Breakfast
T-Shirt
Registration FREE for kids under 14
Dogs are welcome
NEW—Post Walk Celebration



CARDIAC HEALTH
FOUNDATION OF CANADA
Prevention, Education & Cardiac Rehabilitation



WALK OF LIFE®

Evergreen Brick Works and Parklands
Sunday, May 26, 2013 8:30 am to 12:00 pm

3 KM AND 5 KM WALK • 5 KM RUN • 1 KM FAMILY FRIENDLY STROLL
Post Walk Celebration 11 am to 2 pm

REGISTER AT WALKOFLIFE.CA or call 416.730.8299

TRIDEL®

ROGERS®

Mikey
NETWORK

BMO Bank of Montreal

ATPH
THE PRINTING HOUSE

Great-West Life
London Life
Canada Life
STRONGER COMMUNITIES TOGETHER™

THE BRAND FACTORY®

innovite
HEALTH



Leo DelZotto
President, Cardiac Health
Foundation of Canada

"The 'Prevention, Education & Cardiac Rehabilitation' tagline has been reflected in the main achievements of the Foundation this past year..."

Message from the President:

PREVENTION has been addressed through the successful expansion of the NEW Heart Wise Exercise Program across the GTA. Over 200 sites have been designated as "Heart Wise" through numerous training workshops, diligent staff, collaborative partners and the help of the Ontario Trillium Foundation grant.

EDUCATION has been promoted through several professional lectures. These have included the annual Terry Kavanagh lecture; an exercise advocacy panel discussion at the CACR Conference; and the sponsorship of the Plenary Session featuring Dr. John Ratey from Harvard and his excellent topic: The Brain Heart Connection: Exercise & Brain Health.

In addition, a public forum focusing on women and cardiac health was held in conjunction with the Toronto Rehab Institute/UHN. Over \$30,000 was awarded in scholarships across the country, including the formation of the NEW Guelph/Humber \$100,000 endowment in Exercise Science and Lifestyle Management with awards to begin in September 2013. Students from these universities continue to intern with the Foundation cutting costs for administration, research, social media and promotion.

CARDIAC REHABILITATION at 25 centres across Canada have benefitted from the support of the Cardiac Health Foundation, and have raised over \$1 Million, and have received grants and help from the National **WALK OF LIFE** campaign. This has aided in procuring equipment and augmenting their program and professional development needs.

The **GTA WALK OF LIFE** attracted over 1,700 participants and raised over \$499,000. Funds raised supported all of the aforementioned endeavours and also aided the Mikey Network and the Canadian Congenital Heart Alliance. The 2013 **WALK OF LIFE** promises to be even bigger and better offering several new family-friendly initiatives and once again at the Evergreen Brick works.

Mark your calendars for Sunday, May 26th and join in the fun and festivities.

Something For All – WALK* RUN*! WALK OF LIFE® – May 26, 2013

Cardiac Health Foundation Of Canada
By Barbara Kennedy, Executive Director

How many charity events can offer you a choice of SIX different ways to support the cause?

How many WALKS or RUNS amuse and engage the "under 5 year old crowd" with special programs for them and their parents and grandparents? And how many charities feature a 'Post Walk Celebration' with special gourmet food vendors to tantalize your taste buds with heart healthy creations? NONE - except the new **WALK OF LIFE 2013!**

The **WALK OF LIFE** is unique. It is not like every Walk or Run that meets outside under tents. It doesn't disrupt the fabric of the busy city. Rather, it stays within the boundaries of Toronto's parklands, and families, friends and supporters gather inside a beautiful venue called the Evergreen Brick Works and then proceed outside to walk, run, or dance & sing and then indulge in heart healthy treats as a reward for their exercise! And all for the cause of 'Prevention, Education & Cardiac Rehabilitation' for the **Cardiac Health Foundation Of Canada**.

The fun day begins with live entertainment from the Endless Summer Band, breakfast sponsored by Longos, morning wake-up coffee donated by Marigolds & Onions, and returning gracious host Roger Petersen, anchor City News Tonight & City News Channel introducing the distinguished guests and celebrity mascots. Participants have a choice of doing a 3 KM or 5 KM WALK or a 1 KM family friendly stroll (recommended for strollers and wheelchairs); or a 5 KM competitive RUN with prizes to the top three male and female winners. New this year, the "under 5 year old" crowd is being accommodated with a special "TOT TROT" with medals for all participants donated by ROGERS. This short 'dash' encourages tots to run with their parents or grandparents! There will also be a "KIDS RUN FOR FUN" for ages 6 – 12.

Also NEW this year a special hour long award winning movement – to music dance/fitness program is being offered as an alternative to those who are not WALKING. Presenters, RONNO & J-T will lead everyone in their interactive presentation – one that has been endorsed and sponsored in New York City schools as part of Michelle Obama's National "Let's Move" campaign!

The WALK OF LIFE® has evolved into a magnificent, multi-dimensional event. It is all-encompassing, embracing young and old alike from all 'walks of life'. It offers something for everyone... and families, friends and local supporters celebrate together championing the cause of cardiac health and rehabilitation.

AND...everyone is invited to a **NEW POST WALK CELEBRATION** – where an array of food ideas offered by the Toronto Underground Market (TUM) will be presented. All 15 gourmet food vendors and food trucks have been challenged to present a unique heart healthy menu. A percentage of the proceeds will be donated to the Cardiac Health Foundation. In addition, the Evergreen Brick Works will open up its Chimney Court for kids to participate in the environment friendly activities.

NATIONAL SPONSORS include: Tridel Corp; Rogers Communications; the Mikey Network; Great-West Life, London Life & Canada Life; The Bank Of Montreal; The Printing House; The Brand Factory; and Inno-Vite.

SPECIAL EVENT SPONSORS have donated the food, parking, entertainment, shuttles & education and include: Universal Workers Union LIUNA Local 183; Longos; Ozz Electric; Travelers Canada; and Smart Cars.

ADDITIONAL LOCAL SPONSORS that have not been mentioned are: Drive Agency Inc; Active Green + Ross; Heathwood Homes; AON Risk Services; Stephenson's Rental Services, Dorsay Development; Sigmund Soudack & Asso., BNP Paribas; Burka Architects; Cervini

Painting & Decorating; Chartwell Seniors Housing REIT; Mr. Marble; Stikeman Elliott; Kirkor Architects; ZAX Health Care Inc; RBC Royal Bank; Mercedes-Benz Toronto Retail Group, Cardiac Safe City; Toronto EMS: St John Ambulance; Del Property Management; Del Condominium Life; PPL-Aquatic, Fitness & Spa Group, Jones Brown Inc. & Running Room.

Incentive prizes have been generously donated by our sponsors with prizes for top individuals and top teams; gift certificates for winning runners; and commercial exercise equipment from PPL for both the Heart Wise Exercise Program and Del Property Management challenges.

Register by May 1st to be eligible to win the EARLY BIRD draw (\$500 gift certificate from Beretta Farms). All participants will receive a FREE T-Shirt, parking, breakfast, entertainment, give-aways and more. Kids under 14 get in free and dogs are welcome.



2012 National Walk of Life Summary

| WALK DATE | LOCATION | PROGRAM NAME | 2012 Part. | 2012 Gross Amt. Raised |
|-----------------------|-----------------|---|------------|------------------------|
| May 26/12 | Kelowna | C.O.A.C.H. Cardiac Rehab | 103 | 18,033.00 |
| June 9/12 | New Westminster | YMCA Healthy Heart Program | 127 | 11,814.00 |
| Oct 1- 12/12 | Winnipeg | Reh-Fit Centre | 400 | 25,690.00 |
| Sept 8/12 | Bathurst | Chaleur Regional Hospital Cardiac Rehab Program | 71 | 11,142.69 |
| Sept 29/12 | Miramichi | Cardiac Wellness Program | 100 | 15,078.18 |
| Sept 8/12 | Moncton | 2 Programs: Coeur en Sante / Cardiac Wellness Program & Cardiac Rehab at YMCA | 152 | 19,494.50 |
| Sept 8/12 | Saint John | Cardiovascular Health & Wellness Program, Saint John Regional Hospital | 150 | 15,600.00 |
| Sept 30/12 | Sydney | Cape Breton Heart Lung Wellness Centre | 134 | 8,950.00 |
| May 14-16 & May 27/12 | Breslau | Cardiac Fitness Association | 435 | 65,614.00 |
| Sept 15/12 | Etobicoke | Cardiac Wellness & Rehab Centre-Trillium Health Centre | 210 | 28,435.00 |
| June 2/12 | Goderich | Healthy Hearts Comprehensive Cardiac Rehab Program | 34 | 4,283.10 |
| May 26/12 | Hamilton | McMaster Cardiac Rehab Program | 350 | 28,400.00 |
| Oct 17/12 | Ingersoll | Oxford County Cardiac Rehabilitation & Secondary Prevention Program | 38 | 4,290.00 |
| May 4/12 | Lindsay | Cardiac Rehab Program - The Beat Goes On, Ross Memorial Hospital | 100 | 10,620.00 |
| May 26/12 | London | Cardiac Rehab & Secondary Prevention Program | 100 | 7,918.00 |
| June 21/12 | Newmarket | Southlake Regional Health Centre, Cardiovascular Prevention & Rehabilitation | 182 | 30,463.50 |
| May 27/12 | Oshawa | Lakeridge Health Regional Cardiac Rehab Program | 81 | 9,077.75 |
| May 27/12 | St. Catharines | Brock University Heart Institute | 24 | 4,000.00 |
| Sept 29/12 | St. Catharines | Cardiovascular Health & Rehab Program, Niagara Health System | 30 | 2,165.00 |
| May 2 & 3/12 | Sudbury | Health Sciences North Cardiac Rehabilitation Program | 85 | 5,043.00 |
| April 21/12 | Toronto | Cardiac Prevention & Rehabilitation Services, Rouge Valley Health System | 372 | 49,709.00 |
| May 27/12 | Toronto | Toronto Rehab Institute Cardiac Rehab Program. | 28 | 3,096.00 |
| May 27/12 | Toronto | Peter Munk Cardiovascular Rehab & Prevention Program (TGWH Cardiac Rehabilitation Fund) | 50 | 8,500.00 |
| Sept 22/12 | Prince Albert | FitLife Program, Cardiac/Pulmonary Rehab & Risk Management Exercise and Education | 51 | 14,454.00 |
| | | PROGRAM TOTALS | 3407 | 401,870.72 |
| May 27/12 | | Cardiac Health Foundation WALK PARTICIPANTS (figures do not include 3 participating programs) | 1553 | 421,864.59 |
| | | TOTAL FOR ALL SITES | 4,960 | 823,735.31 |

2012 Scholarship Winners

The **Cardiac Health Foundation of Canada** played an active role at the Canadian Association of Cardiac Rehabilitation (CACR) conference in Toronto, Ontario in October 2012, as part of the Canadian Cardiovascular Congress (CCC).

Four graduate scholarships of \$3,000 were awarded to:

- Parminder Flora - *University of Saskatchewan, PhD Level*
- Kerri-Anne Mullen - *University of Ottawa, PhD Level*
- Gabriela Ghisi - *University of Toronto, PhD Level*
- Megan Cahill - *York University, Masters Level*

The **Cardiac Health Foundation of Canada** has set up a fellowship at the University of Toronto called the Dr. Terry Kavanagh Fellowship.

Four graduate scholarships of \$3,000 were awarded to:

- Zachary Goodman
- Taylor Gray
- Robert Lakin
- Stephen Wright

** A new \$100,000 endowment fund has been set up at the University of Guelph-Humber. Two new **Cardiac Health Foundation of Canada** ESLM (Exercise Science and Lifestyle Management) scholarships will be awarded in September of 2013.

"Did you know?"

New article series from the Cardiac Health Foundation of Canada

DID YOU KNOW? is a project by the **Cardiac Health Foundation of Canada** advocating education and prevention of heart disease through articles posted on our informative, interactive website. This periodic feature provides the public with the latest in cardiac health news. It is authored by various researchers and the content is approved by our Medical Advisory Committee. Sources include medical journals, media articles, government publications, research data and symposiums. The commentaries, on the **Cardiac Health Foundation of Canada** website, are presented with the understanding that the Foundation is providing information only and not rendering medical advice.

Articles are available online at www.cardiachealth.ca

The Cardiac Health Foundation of Canada - Prevention, Education & Cardiac Rehabilitation

National WALK OF LIFE 2012 Campaign:

- Grants – Brochures – T-shirts
- 25 Centres and 5000 Participants
- \$1 M Raised for Cardiac Rehab

WALK OF LIFE Toronto:

- \$499,000 Raised
- 1700 Participants

Public Forum:

- Oct. 25, 2012 @ Toronto Rehab Institute
- Women and Cardiac Rehab; Policy and Practice presentations

Exercise Advocacy Workshop:

- Oct. 26, 2012 @ Metro Toronto Convention Centre
- Increasing Awareness/Developing Advocacy/ Influencing policy

Plenary Session:

- Oct. 28, 2012 @ MTCC
- Dr. John Ratey, Harvard -The Brain Heart Connection: Exercise and Brain Health

The 20th Annual Dr. Terry Kavanagh Lecture:

- Oct. 27, 2012 @ MTCC
- Marathon Running & Cardiovascular Health: The Risk- Protection Paradox – Dr. Barry Franklin

Lead Organization In Expansion of HEART WISE EXERCISE Program Toronto

- Two year grant from Ontario Trillium Foundation
- Approx 200 new sites to date
- Collaborative partners – UHN/Toronto Rehab; EMS; Mikey Network; YMCA; U. of Ottawa Heart Institute

\$27,000 in Graduate Scholarships

- \$12,000 (4 - \$3000 awards) CACR Presentation
- \$12,000 (2 - \$6000 awards) U of T Dr. Terry Kavanagh Endowment

New University of Guelph-Humber Scholarship

- (to begin Sept. 2013)
- \$3,000 (2-\$1,500 awards)

Irving Buchbinder
top fundraiser
of over \$12,000
– Congratulated by
Barb Kennedy
(exec. Dir)
& Leo DelZotto
(President)



Ontario Trillium Grant of \$134,000 for the expansion of the Heart Wise Exercise Program in the GTA



CARDIAC HEALTH
FOUNDATION OF CANADA



More than 300 exercise professionals have attended our numerous Heart Wise Exercise Program training seminars to receive designation for their fitness facilities and themselves in the GTA as part of the Ontario Trillium grant. Heart Wise Exercise programs steer people in the right direction by identifying safe, suitable and heart-friendly fitness programs designed for individuals who have completed cardiac rehab, or who are at risk of cardiovascular disease and chronic illness. To date, approximately 200 sites have designations or have committed to becoming designated in the near future. Listings are on our website: www.cardiachealth.ca under the Heart Wise tab.

Paul Sawyer Director - Heart Wise Exercise Toronto

Designated Heart Wise Exercise Facilities:

- | | |
|--------------------------------------|---|
| A.R. Kaufman YMCA | Meadowvale Fitness Centre |
| Beaches Health Group | Mississauga Active Living Studios |
| Brampton YMCA | Mississauga Fitness Centres |
| Burnhamthorpe Active Living Studio | Mississauga YMCA North York YMCA |
| Body and Soul Fitness | River Grove Fitness Centre |
| Central YMCA | Scarborough YMCA |
| Chaplin Family YMCA | South Common Fitness Centre |
| Columbus Centre Fitness Club | Stork Family YMCA |
| Carmen Corbasson Community Centre | Terry Fox Fitness Centre (Located in the Mississauga Valley CC) |
| Clarkson Active Living Studio | Think Fitness Studios |
| Durham YMCA | Toronto |
| Erin Meadows Active Living Studio | Vital Steps |
| Frank McKechnie Active Living Studio | Waterloo Region YMCA |
| Humber College Fitness | West End YMCA |
| Hershey SportZone Fitness Centre | Women's Fitness Club's of Canada- |
| Huron Park Fitness Centre | Toronto, Burlington, Pickering, |
| Malton Fitness Centre | and Promenade |
| Markham YMCA Rudy Bratty Centre | |



For more information about the **Cardiac Health Foundation of Canada**, please visit www.cardiachealth.ca, and contact us at 416.730.8299 or info@cardiachealth.ca

