



The Cardiac Fitness Association

The **Cardiac Fitness Association** is a tax-exempt registered charity. It was established in September 1980 by a group of patients in a cardiac program under the supervision of Dr. John P. Schaman M. D., Medical Director at the Ontario Aerobics Centre in Breslau, Ontario. This group of patients wanted others to have the opportunity to benefit, as they were, from the cardiac rehabilitation program.

The **Cardiac Fitness Association** has helped create one of the most progressive, up to date cardiac rehabilitation clinics in the world. The facilities, technology, equipment and techniques are second to none.

The **Cardiac Fitness Association** is located at the Ontario Aerobics Centre in Breslau Ontario in a peaceful rural setting just minutes from Kitchener, Waterloo, Guelph and Cambridge.

Your generous donation to the CFA will help us continue to provide excellent treatment facilities and services necessary to our cardiac rehabilitation program. Thank you!

Name _____

Address _____

City _____

Postal Code _____

Email _____

Phone _____

Donate to Walk of Life Campaign
\$50 \$100 \$250 \$500 Other _____

Donate to General Operation Fund
\$50 \$100 \$250 \$500 Other _____

Total Amount Enclosed \$ _____
**Receipts issued for donations over \$20*

Membership - no charge.
An annual donation is encouraged.

Please make cheques payable to:
Cardiac Fitness Association

Online donations: www.cfaheart.com

The Cardiac Fitness Association



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CFA Charitable Registration #11922 0242 RR0001

Objectives of the Cardiac Fitness Association

1. Provide the facilities and equipment needed by the membership to attain an effective and safe exercise program.
2. Provide the membership with guidelines and counselling regarding exercise and heart disease risk factor modification as made available by medical consultant(s) and other individuals with expertise in various fields (nutrition, physiology, physical activity, psychology, stress management etc.)
3. Provide the membership with the activities, programs and benefits of the Association without charge or obligation save for a nominal annual membership donation.
4. Provide for research and further program development as deemed appropriate by the directors, in consultation with medical consultant(s), to be of value in the preventative and rehabilitative health care of present and future members.
5. Provide educational materials, in the form of printed works, films, or audiovisual aids not only to the membership but also to other patients and interested individuals, so that geographic restraints do not preclude participation in a program similar to that advocated by the association.



**Heart Disease
is a disease of choice!**

**You decide what
you eat**

**You decide whether
you smoke**

**You decide how much
exercise you get**

**You decide the lifestyle
you follow**

**Good luck in making
your decision**

John P. Schaman M.D.

The Weekly on-going cardiac rehabilitation program is based on a Heart Disease Reversal Program which includes 4 main components; exercise, diet, stress management and group support.

Exercise classes are medically supervised by an onsite physician and highly trained, skilled kinesiologists with backgrounds in sports medicine and cardiology. A year round outdoor 200 meter exercise track equipped with a state-of-the-art digital telemetry system is available to members. Indoor, specialized exercise equipment is also available.

Each member undergoes heart monitoring at every class. This includes an ECG, blood pressure check, exercise diary check, etc. As well, questions are answered and concerns are addressed.

Following the exercise component, members gather for an informal group support session. An educational session provides an opportunity for interaction with others who have similar conditions and experiences. Open discussion in a warm friendly atmosphere is emphasized. Lectures, demonstrations, videos, and relaxation techniques are offered.

Unlike many cardiac rehabilitation programs the CFA program is not terminated after a fixed, predetermined time. Individual needs often require longer programs. Graduate members are encouraged to return should their condition change and circumstances require. As lives change and medical science advances the CFA program recognizes the need for program improvement, continuing education and ongoing reinforcement, support and encouragement.