



Physician Clearance Form ♥ Happy Hearts Program

The Happy Hearts program is a **self-managed, non-medically supervised** group exercise class for graduates of cardiac rehabilitation program (CRP). The goals of the Happy Hearts Program are:

- To provide a transition between a medically supervised exercise setting to a non-supervised, self-managed exercise setting in the community
- To provide a safe, friendly, social environment for our participants
- To provide a venue for participants to continue a structured exercise routine (cardio exercises are done on cardio machines with self monitoring of exercise intensity and workloads and strength training exercises are done with various equipment)
- To continue to provide support for on-going healthy behaviours through the expertise of community cardiac exercise leaders
- There is no time limit for enrollment as long as participants are enjoying the program and there are no health contraindications for participation.

To ensure your patient’s safe participation in this exercise program, we are seeking your recommendation to participate. Please complete the following:

Patient Name: _____ **DOB:** _____ **PHN:** _____

Address: _____ **Tel:** _____ **Email:** _____

PHYSICIAN’S RECOMMENDATIONS:

I recommend the patient is suitable to participate in this non-medically supervised exercise program. Please advise if there are any restrictions/limitations:

I would like to refer my patient to a medically supervised program instead (i.e. Happy Hearts PLUS or hospital cardiac rehab program.) The Happy Hearts Program can facilitate this process by faxing this signed form to 604-875-5794.

Preferred Location (Please Indicate)

- | | | |
|---|--|---|
| <input type="checkbox"/> Dunbar Community Centre | <input type="checkbox"/> Kensington Community Centre | <input type="checkbox"/> Robert Lee YMCA |
| <input type="checkbox"/> Champlain Community Centre | <input type="checkbox"/> Jewish Community Centre | <input type="checkbox"/> VGH <input type="checkbox"/> St. Paul’s Hospital |

Physician Name: _____ Signature: _____ Date: _____

The Happy Hearts Alliance is a partnership between the VGH Centre for Cardiovascular Health, St Paul’s Hospital’s Healthy Heart Program and community organizations to offer community cardiac wellness programs.