

Exercise Room Frequently Asked Questions

What are the benefits to attending supervised exercise sessions?

- To learn which type of exercise best suits you
- To feel comfortable exercising on your own
- To learn how to maintain an exercise routine long term

What happens on the first day in the exercise room?

- You will be monitored by ECG to assess your heart's response to exercise
- Blood pressure will be measured before and during exercise
- If you have diabetes, blood sugars will be measured before and after exercise
- You will learn how to monitor the intensity of your exercise using your target heart rate and the Borg scale

What exercises will I do?

- We have a variety of equipment you can use (e.g., treadmill, arm machine, bike, strength), but we will find the right activity that best suits your needs and abilities
- A safe level of exercise will be selected based on your test results
- Each session includes a warm up and a cool down which are important for safety
- Please start thinking about what exercise(s) you would like to do outside of the program so we can help you become confident exercising on your own

What do I need to bring with me?

- Comfortable clothing (short sleeves recommended)
- Closed toed shoes. No sandals please
- Water
- Nitro spray (if prescribed)
- Diabetic supplies (if required)
- Showers and towels are available, but please bring your own toiletries
- Lockers are available, but you will need to provide your own lock. Please remove it after each visit

What is the exercise room etiquette?

- Enter the exercise room 5 minutes prior to your session
- Exercise sessions end 10 minutes to the hour
- Please wipe down the equipment after use
- No heavy perfumes or colognes, but deodorant is encouraged

When can I exercise at home?

- We encourage you to exercise on the days you are not attending the program
- We will provide you an easy to follow home program to help get you started with your home exercise