

Exercise with Doc DVD/Manual

Exercise with Doc DVD and Manual was developed by the Northern Hearts Education Committee to appeal to people who have experienced a life-changing event that may have left them in doubt about their ability to exercise. The goal is to:

- ♥ *Reduce the fear people may be experiencing after a life-changing event;*
- ♥ *Help people understand they can have an improved quality of life;*
- ♥ *Appeal as a value-added tool to healthcare providers; and*
- ♥ *Reduce healthcare costs.*

Exercise with Doc has benefited from professional reviews, an evaluation by a focus group, and has been endorsed by Thunder Bay Regional Health Sciences Centre.

In the introductory portion of the DVD, Dr. Chris Lai, Cardiologist, and Past Chair of Northern Hearts says, "This program is very safe, simple, effective, and suitable for all age groups with or without heart disease".

Anyone interested in obtaining a complimentary copy of the Exercise with Doc set should talk to their doctor or healthcare professional. Alternatively, copies will be offered for sale at Shoppers Home Health Care. Also, copies are available on loan at the Thunder Bay Public Library. For more information, call the Northern Hearts office at (807) 345-2008.

René Rees Boyer, Co-Chair of the Distribution Committee suggests, "The exercise participants speak best to the value of the Exercise with Doc DVD & Manual."

Corinne: "Stay positive, you can do it."

Joan: "Don't be afraid, it's really not hard to do it."

Gus: "If I can do it, you can do it."

Ian: "Are you ready? Let's get started."

Northern Hearts would like to thank the sponsors for their financial support. Their participation ensures people are able to receive a courtesy copy as recommended by their Doctor / Healthcare professional:

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