

Post-Cardiac Rehabilitation Program

Limestone Health Consultants and Kingston Body Management present a unique program for individuals following the completion of a cardiac rehabilitation program. This program provides clients with a fitness oriented method of condition management and progression prevention. Our team of exercise therapists and physiotherapists work together to provide a safe and effective means of staying healthy and maintaining a high quality of life in the face of chronic heart conditions. We offer fitness classes as well as personalized fitness programs that allow you and your heart to be fit and healthy while having fun!

Program Options

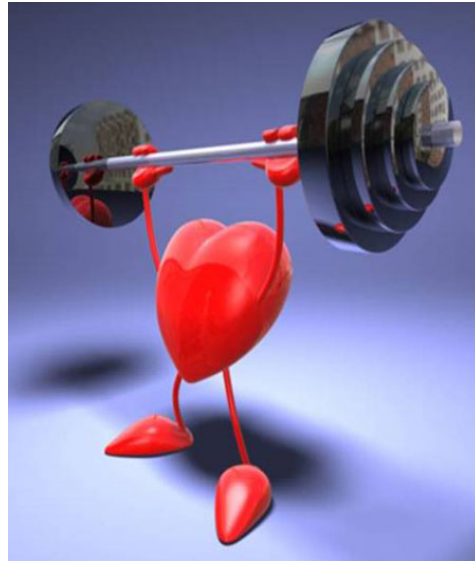
We understand that every client is different and requires different needs and services regarding their health. Clients have the options of:

- ❖ Group Class Sessions
- ❖ Individual Training Sessions
- ❖ Physiotherapy Services

Programs Offered

Standard Group Program

- ❖ 12 Week Session
- ❖ 3 Fitness Classes/week (36 total)
- ❖ Initial Fitness Assessment
- ❖ Access to an On-line Fitness Journal
- ❖ Counseling
- ❖ Free Gym Membership
- ❖ Complimentary Pedometer
- ❖ Educational Sessions held by the Cardiac Rehabilitation Centre at Hotel Dieu Hospital



Programs Offered Cont'd

Additional Physiotherapy Services

Additional Physiotherapy services may be added to your program for medically complex cases. Services may include an assessment and/or treatments.

***Should a Physiotherapy service be added, the **entire program can be covered by your Extended Health Benefits.**



SPECIAL INTRODUCTORY PRICE!

Join our program and get your 1st 12 week session with all of the listed services for only \$100!

Programs are on-going, so join TODAY for a healthier tomorrow!

*For information regarding sessions and fees, please contact Kait Hoke at kait@kingstonbody.com.

Clinic Information

The Clinic is open Monday to Friday

Monday	8:30 am – 8:30 pm
Tuesday	8:30 am – 8:30 pm
Wednesday	8:30 am – 8:30 pm
Thursday	8:30 am – 8:30 pm
Friday	8:30 am – 5:30 pm

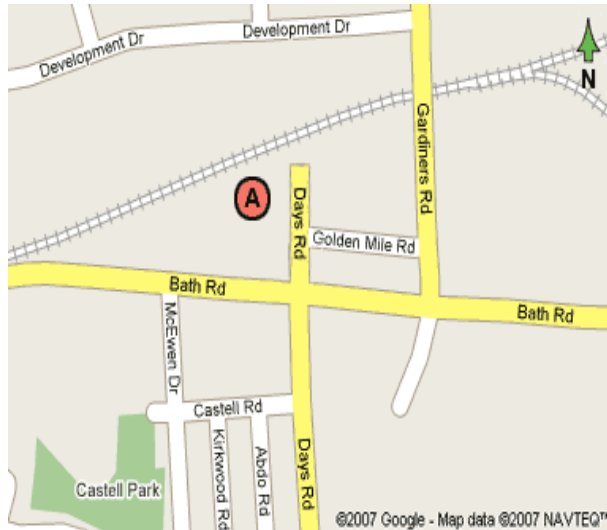
Personalized Programs may be booked outside of regular clinic hours by appointment with the exercise therapist.

Facilities & Equipment

5400 square foot facility offers:

- ❖ Fully Accessible Gym
- ❖ Physiotherapy Clinic
- ❖ Massage Therapy
- ❖ Occupational Therapy
- ❖ Nutritional Services
- ❖ Psychological Services
- ❖ Full Line of Equipment
- ❖ Treatment/Assessment Room
- ❖ Shower
- ❖ Private Change Room

Childcare options may also be available downstairs at the Playtrium (please contact Playtrium directly to enquire about fees, times, etc).



POST-CARDIAC REHABILITATION PROGRAM

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