

Exercise for a Healthy Heart, the Beat Goes On
 Toronto: Trillium Health Centre, 2004. 36:38 min.

This exercise video has been produced by the Cardiac Wellness and Rehabilitation Centre at Trillium, and features 3 certified kinesiologists. There are three segments – warm-up, resistance training with dumbbells and exercise tubing, and cool-down. Each segment demonstrates two levels of intensity.

Availability for loan:

FD127 THC 2004 Health Information and Wellness Centre, both locations. Also available for purchase through the Cardiac Wellness and Rehabilitation Centre at West Toronto.

COMMUNITY RESOURCES

Mississauga Recreation and Parks

Tel: 905-615-4100

<http://www.mississauga.ca/portal/residents/recreationandparks>

Toronto Recreation – Etobicoke District

Tel: 416-338-4386

<http://www.toronto.ca/parks/torontofun-etobicokeyork-district.htm>

YMCA Mississauga

325 Burnhamthorpe Road West

Tel: 905-897-9622

West End Toronto YMCA

931 College Street

Tel: 416-536-9622

<http://www.ymcatoronto.org>

Mall Walkers Clubs:

Cloverdale Heartwalkers

Tel: 416-236-1669 ext. 230

Sherway Gardens Heart Walk

Tel: 416-621-1071

For other Mall Walking locations see www.toronto.ca/health/walkintohealth

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
 Mississauga L5B 1B8
 905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
 Toronto M9C 1A5
 416-521-4187

Email: hiwc@thc.on.ca

<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)

<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)

<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources.

HealthFinders are also available through our web site at

<http://www.trilliumhealthcentre.org/health>

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HEALTH INFORMATION
 AND WELLNESS CENTRE

HEALTHFINDER

**Physical
 Activity**



INTERNET SITES

Active2010 <http://www.active2010.ca>

This initiative from the Government of Ontario aims to increase participation in physical activity and sport throughout the province. The web site includes a searchable database of more than 45 amateur sports organizations, links to walking resources, a frequently asked questions page, and many other features.

Active Healthy Kids Canada

<http://www.activehealthykids.ca>

This charitable organization was established in 1994 to advocate the importance of enjoyable, accessible physical activity for children and youth. This site provides numerous ideas to encourage children to be more active, from party games to outdoor winter activities. Reports and articles on the benefits of physical activity are also available.

Heart and Stroke Foundation of Canada

<http://www.heartandstroke.ca>

The site of the national organization for heart and stroke has a section on physical activity. Click on the 'Getting Active' under the Healthy Living tab in the centre column at the home page to access this information.

Health Canada

<http://tinyurl.com/dh5o57>

The physical activity section of the Health Canada website provides access to the various Physical Activity Guides for adults, older adults, children and youth. These colourful and well illustrated booklets offer a variety of suggestions for incorporating physical activity into everyday life.

Ontario Trails <http://www.ontariotrails.on.ca>

This is the site of the Ontario Trails Council and it offers extensive information about walking, cycling and multi-use trails throughout Ontario, complete with maps and contact information for the various organizations involved.

BOOKS & VIDEOS

Fitness & Health, 6th ed. by Brian J. Sharkey. Champaign, IL: Human Kinetics, 2007

This is a comprehensive guide to understanding how the body responds to physical activity and how health can be enhanced by being active. There are sections on aerobic and muscular fitness, weight control, and the psychology of activity.

Availability for loan:

BC100 S42 2007 Health Information and Wellness Centre, both locations
613.7 SHA Toronto Public Library System

The Mayo Clinic Fitness for Everybody by Diane Dahm and Jay Smith, eds. Rochester, MO: The Mayo Clinic, 2005

This is a detailed, step-by-step guide to getting and staying fit, regardless of age or physical condition. There are also over 150 illustrated exercises with easy-to-follow instructions.

Availability for loan:

BC100 D24 2005 Health Information and Wellness Centre, both locations
613.7 DAH Mississauga Library System
613.7 MAY Toronto Public Library System

The Healing Power of Exercise by Linn Goldberg and Diane L. Elliot. New York: John Wiley, 2000

The authors of this book, experts in the field of exercise therapy, describe how exercise can help prevent or treat a variety of disorders. Topics covered include bone health, arthritis, heart disease, depression, diabetes and others. In each case, information is provided about the type and duration of the exercise most beneficial for the particular condition.

Availability for loan:

BC200 G65 2000 Health Information and Wellness Centre, both locations
615.82 GOL Toronto Public Library System

Exercise: a Program You Can Live With A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2007.

This straightforward report from the Harvard Medical School answers many questions about the benefits of physical activity. It offers a compact well-illustrated guide to starting and sticking with an exercise program that suits your abilities and lifestyle.

Availability for loan:

BC 200 H27 2007 Health Information & Wellness Centre, both locations

Pilates by Rael Isacowitz. Champaign, Ill: Human Kinetics, 2006

This comprehensive guide presents a complete repertoire of Pilates exercises for both mat and apparatus. The exercises are clearly described and illustrated and progress from fundamental level through to intermediate and advanced workouts.

Availability for loan:

BC 200 I82 2006 Health Information & Wellness Centre, both locations
613.71 ISA Mississauga Library System
613.71 ISA Toronto Public Library System