

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF DECEMBER 10, 2013

Item 16, Report No. 52, of the Committee of the Whole, which was adopted without amendment by the Council of the City of Vaughan on December 10, 2013.

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HEART WISE DESIGNATION

The Committee of the Whole recommends approval of the recommendation contained in the following report of the Commissioner of Community Services, dated November 26, 2013:

Recommendation

The Commissioner of Community Services, in consultation with the Director of Recreation and Culture, recommends:

1. That staff apply for the Heart Wise Designation through the GTA Heart Wise Exercise Network for Recreation and Culture fitness and health programs offered in City of Vaughan community centres; and,
2. That the Clerk be authorized to execute the necessary agreement.

Contribution to Sustainability

This report is consistent with the priorities previously set by Council in the Green Directions, Vaughan, Community Sustainability Environmental Master Plan, Goal 4, Objective 4.1:

- 4.1 To foster a city with strong social cohesion, an engaging arts scene, and a clear sense of its culture and heritage.
 - 4.1.1 Develop an implementation plan for the initiatives described in the City's Active Together Master Plan through a phased and budgeted program.

Economic Impact

There is no financial impact related to this report. Marketing materials are provided by the GTA Heart Wise Exercise Network for any program that has received their Heart Wise Designation.

Communications Plan

Organizations that receive Heart Wise Designation by the GTA Heart Wise Exercise Network are authorized to use and communicate all marketing materials including the benefits of heart wise activity. If the City of Vaughan receives the designation, information will be posted on the City's website, in the community centres, applicable flyers and posters and in the Recreation Guide.

Purpose

The purpose of this report is to obtain approval to apply for the Heart Wise Designation through the GTA Heart Wise Exercise Network and execute any necessary agreement for Recreation and Culture fitness and health programs offered in City of Vaughan community centres.

Background - Analysis and Options

The City of Vaughan, through its Recreation and Culture Department offers a wide range of opportunities and facilities to enhance the quality of life in the community. Guided by the Active Together Master Plan and Physical Activity Strategy, the department is taking a proactive approach to developing strategies and programs in response to the increasing rates of physical inactivity and health related issues.

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Messages to adopt an active lifestyle are consistently presented to Vaughan residents through its communication mediums. Throughout Canada, in support of education and public awareness initiatives, organizations with health and/or physical activity mandates have implemented a number of programs and initiatives that promote the benefits of a healthy lifestyle for individual physical and mental health and well-being.

GTA Heart Wise Exercise Network

The GTA Heart Wise Exercise Network is a community-based partnership between the Cardiac Health Foundation of Canada (CHFC), the GTA cardiac rehab programs and community exercise facilities/programs.

The Heart Wise Network seeks to provide awareness and programming to a population that requires specific instruction and leadership with regards to their unique health and lifestyle needs. The CHFC and exercise facilities are working in collaboration to implement an awareness campaign about Heart Wise Exercise programs (HWEP) in the GTA. HWEP is a model developed at the University of Ottawa Heart Institute to provide healthy and safe cardiovascular exercise for all.

Heart Wise Exercise Programs

Heart Wise Exercise programs provide benefits, such as:

- exercise options to help participants choose their appropriate level of intensity;
- encourages participants to do daily physical activity, including outside of the class setting; and,
- teaches clients how to monitor themselves (i.e. using perceived exertion) and other methods.

City of Vaughan recreation centres currently provide programming that meets many of the needs of residents. An association with the Heart Wise Exercise Network will provide opportunities for more Vaughan residents to receive information about the programs they require and will help achieve the objective of community health and wellness through advertising our low to moderate intensity fitness programs to a specific clientele that will benefit from this type of programming.

Application for the Heart Wise Exercise Network Designation

To become part of the Heart Wise Exercise Network, and to receive designation, an application must be completed and facilities/programs must meet the six criteria outlined below:

1. Encourages regular, daily aerobic exercise;
2. Encourages and incorporates warm up, cool down and self-monitoring with all exercise sessions;
3. Allows participants to exercise at a safe level and offers options to modify intensity;
4. Includes participants with chronic health conditions – physician approval may be required;
5. Offers health screening for all participants; and,
6. Has a documented emergency plan that is known to all exercise leaders, including the requirement of current CPR certification, phone access to local paramedic services and presence of an AED.

In addition, at least one member of the staff must attend a Heart Wise Exercise Program Workshop provided by a Program partner.

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Once the application has been approved the Heart Wise Exercise (HWE) logo may be applied to exercise programs that meet all 6 criteria and that have been approved by the Network. The program / facility will be required to renew their agreement annually. As part of this annual renewal process, a staff representative from each partner program / facility will be required to attend a 'renewal meeting' each year that will be offered by the GTA HWE Network or the Cardiac Health Foundation of Canada.

Relationship to Vaughan Vision 2020/Strategic Plan

In consideration of the strategic priorities related to Vaughan Vision 2020, the recommendations in this report will assist in:

- enhancing and ensuring community safety, health and wellness for Vaughan residents; and,
- promoting health and wellness through program development and increased awareness.

This report is consistent with the priorities previously set by Council and the necessary resources have been allocated and approved.

Regional Implications

There are no regional implications.

Conclusion

The City of Vaughan is taking a proactive approach to improve the health and active lifestyles of its citizens by associating with the Heart Wise Exercise Network. By working in collaboration with the HWEN, Vaughan residents that require specific programming will be able to better recognize the programs available to them from their local community centres. The City of Vaughan's relationship with the HWEN will help achieve the objective of improving community health and wellness.

Attachments

1. Heart Wise Exercise Network application.

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(A copy of the attachments referred to in the foregoing have been forwarded to each Member of Council and a copy thereof is also on file in the office of the City Clerk.)