
Exercises

YMCA – YThrive on YouTube

<https://www.youtube.com/channel/UCnMjjYuiaJZT7JilnXPo7jQ>

YMCA – YMCA360

<https://ymca360.org/on-demand#/>

VON SMART

<https://www.youtube.com/channel/UC4ep2h-T3yuKzg8-9dbDiUA>

Brockton Area and Kincardine FHT

www.bakfht.ca (scroll down to Facebook feed and click on the exercise videos)

Wasaga Beach Recreation Programs on Facebook

<https://www.youtube.com/channel/UC4ep2h-T3yuKzg8-9dbDiUA>

Cardiovascular Rehab Specific

Aerobic Exercise

https://www.healthuniversity.ca/EN/CardiacCollege/Active/Aerobic_Exercise/Pages/the-fitt-principle.aspx

Strength Exercises

https://www.healthuniversity.ca/Documents/RTPkg_Mini.pdf

Education Sessions

<https://www.healthuniversity.ca/EN/CardiacCollege/Pages/learn-online.aspx>

