



HYHC hearts-in-training 2010 FAQs

WHAT IS HEARTS-IN-TRAINING?

hearts-in-training is a fun and easy way to learn about your personal risk factors for heart disease and diabetes, and what you can do to help lower your risk. You will get the chance to test your heart health **BEFORE** you start your Sun Run InTraining walk/run program and again 13 weeks later, i.e. **AFTER** you finish your training. These **BEFORE** and **AFTER** screenings will show you the improvements that you have made in your health as a result of the HYHC InTraining Program and living a healthier lifestyle.

WHO IS ELIGIBLE FOR HEARTS-IN-TRAINING?

To be eligible for hearts-in-training you must be a part of the Honour Your Health Challenge Sun Run InTraining run/walk program.

- ❖ HiT is an adult screening program and is open to participants aged 19+.
- ❖ Participants must be signed up online with SportMedBC as an HYHC InTraining participant.

HOW TO REGISTER FOR HEARTS-IN-TRAINING?

HiT participants must be registered for InTraining before being assigned a pre-screen appointment. Screening appointments will be set by each Group Leader.

- ❖ It will be up to each Group Leader to determine who from their group receives a pre-screening appointment.

Note: Pre-Screening participants will commit to/acknowledge an understanding that, provided they have successfully completed the 13-week program, they will be required to attend the post-screen.

WHAT HAPPENS AT HEARTS-IN-TRAINING?

Stations #1 & 2 – Welcome & Registration Table:

At Stations #1 & 2 you will be welcomed to the hearts-in-training program. You will receive your own Heart Health Passport folder at this station, and be asked some questions about your family and personal health history.

Station # 3 & 4 – Blood Pressure and Healthy Body Weight:

Next you will get to have your blood pressure, height, weight and waist girth measured.

Station #5 – Cholesterol & Glucose Screening:

Station #5 is where you will get to have your total cholesterol, HDL “good” cholesterol and glucose (blood sugar test for diabetes) measured. This finger-prick screening test will give you your results in about 5 minutes.

Station #6 – Heart Health Profile & Goal Setting:

At the final station you will have the chance to discuss your results with a nurse, diabetes educator and/or dietitian. If you choose, you can also set a personal goal to improve your health.



Honouring Our Health

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