

## Cyclists help with heart rehabilitation



Justin Bryant, Rob Metzger, and Dr. Greg Cooper of the Hilly Hundred Bike Tour present a \$3,000 donation to the Cardiac Rehab program, represented by Melanie Dalley, physio-therapist with Bancroft Family Health Team, Cindy McAlpine, nurse at North Hastings Hospital, and Angela Rail, social worker at North Hastings Family Health Team. The recipients represent the three health agencies who put on the rehab program. Appropriately enough, the presentation was made at the Rehab Centre. Photo by Tony Pearson

### By Tony Pearson

Every fall, Bancroft is host to the 'Hilly Hundred', where bike riders can challenge their bodies, minds, and spirits by touring North Hastings for 100 miles or 100 kilometers (or a shorter distance), up hill and down dale, as the expression goes. In return for the privilege of undergoing this excruciating pain and suffering exhilarating experience, the riders pay a registration fee. Once expenses are met, the surplus goes to a local cause.

Last year, it paid for equipment at North Hastings hospital. This year, the ride contributed \$3,000 to the Cardiac Rehabilitation program. This is a cooperative partnership between the hospital, and the Bancroft and North Hastings Family Health Teams. The contribution seems doubly appropriate. For some of us, the very thought of bicycling 100 miles over hilly terrain is enough to bring on a heart condition. But doctor - and avid cyclist - Greg Cooper points out that the way back from a heart attack travels through exercise.

In essence, cardiac rehab programs help people to make life changes that ensure a healthier future. Cardiac rehab is an essential part of the recovery process for those individuals who have had a heart attack, experienced heart surgery, or have been diagnosed with any type of heart disease.

Cardiac rehabilitation programs usually involve a specific physical exercise prescription and diet adjustments. Patients are educated about heart health and healthy living; they receive counselling to help reduce stress and blood pressure.

The exercise program - an important part of cardiac rehabilitation - is adapted to meet every individual patient's needs. Each patient is given the tools they need to address their specific condition.

So in the cardiac rehab unit at the hospital are several stationary exercise bicycles, to take patients along the road to recovery.

Next year, the Hilly Hundred will be raising money for a type of preventative health care, so that people hopefully won't need cardiac rehab in the first place. In brief, the money will go toward the development of Bancroft's non-motorized trails - for biking, hiking, cross-country skiing and the like

So for those of you who like donating to a worthy cause, it's now time to start training for the next Hilly Hundred, scheduled for this October.