

Franck

« Today I celebrate my 85th birthday with gusto among my CHIP friends! Thanks to my dear wife Sheila, good doctors, effective meds and ongoing care from our CHIP professionals, I'm still around!!! My earlier doubts about making it to 85 have vanished. Instead, I'm optimistic and planning my centennial party! »



Lucie F.

« À 20 ans, on est immortel.
À 40 ans, on est occupé par la famille, les affaires, la vie en général; on oublie de s'occuper de soi-même.
À 60 ans, les bobos commencent et on réalise que la santé peut nous glisser entre les doigts. Si on réalise que le conditionnement physique nous permet de vivre, ça peut nous donner une bonne fin de vie... Mieux vivre que survivre!!
J'ai plus d'énergie, plus de motivation mentale et physique; j'ai gagné de la flexibilité; je suis moins fatiguée, je reconnais les biens-faits de l'activité physique. Le personnel de CHIP a été une source de motivation et d'inspiration. »

Rosa P.

« Quand j'ai commencé le programme CHIP, j'avais arrêté de m'entraîner depuis plusieurs années. CHIP m'a encouragée à commencer doucement et m'a aidée à me souvenir du sentiment de bien-être que je ressentais dans le passé lorsque je m'entraînais. »



Pat C.

« My weight was 183lbs and I had a quadruple Bypass surgery, so this brought me to CHIP! In 79 years, I may have spent 2 hours in a gym. I was apprehensive. The CHIP staff paid attention to details that helped me focus on my goals. Now, I can do a 20K on my bike easily! And I am able to maintain my weight below 160lbs! To date, CHIP has given me a new lifestyle direction. »

Hélène W.

« Avant CHIP, j'avais une mobilité très limitée et un penchant à la dépression. Pendant CHIP, j'avais une attitude pessimiste face à mon potentiel de réussite par rapport aux objectifs que je m'étais fixés.
À la moitié du programme, j'ai réalisé qu'il y avait eu des améliorations dans ma condition physique et cela m'a rendue heureuse! J'ai augmenté ma mobilité et amélioré mon endurance à la marche!
CHIP m'a procuré une sensation de bien-être. Et je n'ai pas l'intention d'arrêter!! »

Keith G.

« In June 2012, I was suddenly incapable of cutting my lawn, even with a self-propelled mower. I would be totally exhausted in minutes. The diagnosis was Atrial Fibrillation and my ejection fraction (EF) was very low at 10-15%. A follow-up test in September showed improvement in EF to 30%. After participating in the CHIP program, my EF is now nearly 60%! I also lost weight, learned how and what to do in an exercise routine. The staff encouraged me and coached me to improve; they also monitored me throughout to control risk.

This program works miracles and I recommend it to everyone. Many thanks to Lisa M., Stéphanie, Marie-Pierre, Lisa R. and Dr. Grover. »



Ian R.

« I lost 35lbs, I got back into shape overall, and above all, I was in shape for my brother's wedding!!! The staff was supportive, motivating and patient! »

Ara G.

« Before CHIP, I was scared, confused and angry. When I joined CHIP I shifted my focus to following the program and improving my health. CHIP showed me I can work out safely and effectively. They monitored my progress closely and increased the intensity of the exercise at regular intervals. I was able to achieve my goals : get a better overall physical fitness, my BMI is in a proper range and there was a stress relief. They provided reassurance when I felt apprehensive. I don't know how I would have recovered so quickly and strongly without CHIP. I cannot express my gratitude in words. »

Greta H.

« I have finished the program, I am now motivated to exercise on my own and it's the first time of my life! The staff is accountable, they encouraged me and showed me the exercises. »

Mark R.

« The CHIP program should be mandatory for anyone who has had to go through heart surgery. It gets you in shape (or back in shape) gradually, in a supervised structured setting with kinesiologists who understand the journey of a heart patient. The program builds strength, stamina and most importantly, confidence. I lost 20lbs, eating healthier, gotten stronger as a result of the CHIP program. The staff brought structure, gradual increase in activity (speed, weight, etc...), motivated (encouraged). It is a great preparation for eventually continuing to train on your own. I liked it so much that I am continuing with the Annual Supervised Graduate program to supplement my own personal training. »

Anonymous

« After a second cardiac incident in July 2012, the cardiologist at St-Mary's recommended CHIP. I was very concerned because there was no way to predict another event. The CHIP program relieved my anxiety and the supervised exercise program gave me a much better sense of well-being. »