

# Young ICD Network

**Saturday 5<sup>th</sup> March 2016: 11am to 2.30pm**

## **“Energize Your Heart”**

**A practical morning – all about exercise!**

Imagine doing an exercise session with people just like you in a comfortable and friendly environment. **Martin Dunkerley (ICD recipient)** who many of you will know has kindly offered to host this event at the Energize Health Club in Belrose which is great as the focus of the morning is **“Energize Your Heart.”** – A practical session – all about exercise. *More details regarding the program over the page.*

We would love you (and family/friends) to join us and participate in part or all of the exercise sessions planned. **As part of standard practice prior to attendance at any gym/exercise facility, we will need anyone who would like to participate to complete the attached pre-exercise questionnaire and obtain medical clearance if indicated. Please bring this form with you on the day.** Prior to the exercise session Kirsten Jennings (Exercise Physiologist, RNSH) will give you a few tips around safe and effective exercise. There will also be a chance to ask any questions and discuss any of your concerns prior to an opportunity for some “active participation!”

### **Guest Speakers:**

#### **Dr David Whalley, MB BS FRACP PhD DDU FCSANZ**

Dr Whalley is Senior Lecturer in Cardiology at the University of Sydney and Senior Staff Cardiologist at the Royal North Shore Hospital, Sydney. He is also a visiting cardiologist at North Shore private and Sydney Adventist hospitals. Dr Whalley is presently the Director of Cardiac Electrophysiology services at the Royal North Shore Hospital where his research interests are in non-pharmacological and pharmacological management of cardiac arrhythmias. He has extensive experience in the diagnosis and management of cardiac arrhythmias using electrophysiological studies and catheter ablation techniques. Dr Whalley also has over 20 years’ experience with implantable pacemakers and defibrillators.

#### **Kirsten Jennings: B.Sc. MSc (Cardiopulmonary Rehabilitation):**

Kirsten is an Exercise Physiologist. Kirsten has a Bachelor of Applied Science (Exercise and Sport Science) from the University of Sydney and a Master of Science (Cardiopulmonary Rehabilitation) from the University of Western Sydney. Kirsten currently works as a member of Royal North Shore Hospital’s Cardiac Rehabilitation team. Kirsten has extensive experience and is passionate about the benefits of exercise and is always keen to work with people to help them establish and maintain a regular exercise program specific to their needs and interests.

**PLEASE RSVP BEFORE 20<sup>th</sup> February 2016**

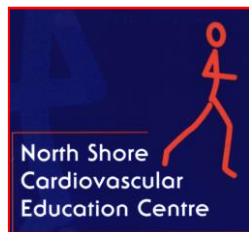
*(earlier if possible for planning and organisational purposes)*

**Family & friends are very welcome**

RSVP: Ann Kirkness; Phone: 9463 1701 Fax: 9463 1078 E-Mail: [ann.kirkness@health.nsw.gov.au](mailto:ann.kirkness@health.nsw.gov.au)

**Kindly supported by:**

**Medtronic, Boston Scientific, Biotronik, St Jude & Energize Health Club**



Health  
Northern Sydney  
Local Health District

# Young ICD Network - "Energize Your Heart"

Saturday 5<sup>th</sup> March 2016 11am to 2.30pm

Venue: ENERGIZE HEALTH CLUB, BELROSE

*Cnr Glen & Blackbutts Road, Belrose (Map attached)*

11.00am: Registration - light refreshments

11.30am: Guest Speaker: Dr David Whalley, Cardiologist RNSH  
*High Altitude Medicine – the Body's Response to Altitude*

12.00pm Kirsten Jennings – Accredited Exercise Physiologist  
*Exercise & You – Tips for Exercising Safely*

12.30pm Time to get moving? *Please wear comfortable exercise clothing and shoes*

- Warm-up
- Aerobic exercise – light to moderate intensity
- Resistance training
- Yoga/Pilates
- Stretch
- Stretch & Cool down

1.45pm Light refreshments and more time to chat, ask questions

The exercise component will be approximately 60 - 90 minutes in duration, working at a light to moderate intensity with the **option of participation in either part or all of the session – your choice!** The session will include a warm-up, cool down and supervision by Fitness Leaders, Exercise Physiologist and a Registered Nurse.

**Crèche facilities may be available** at Energize whilst the guest speakers are presenting (up until 12.30pm) – **bookings are essential**. If you would like more information please contact me.

We would love everyone to join in with the fun so to avoid disappointment on the day please remember to **bring along your completed pre-exercise questionnaire** if you or any of your friends/family would like to participate.