

# Appendix A

## Management and Advisory Committees



### Principal investigators

**Dr Amanda Nagle**

(Project Manager)  
Special Program Manager  
National Heart Foundation  
NSW Division (Hunter)

**Professor Peter Fletcher**

Director of Cardiovascular Medicine  
John Hunter Hospital  
Hunter Area Health Service

**Dr Bruce Bastian**

Acting Director of Cardiology  
John Hunter Hospital  
Hunter Area Health Service

**Ms Kerry Inder**

Cardiac Rehabilitation Coordinator  
Department of Cardiovascular Medicine  
John Hunter Hospital  
Hunter Area Health Service

### Project staff

**Mrs Deborah Huff****Ms Alison Koschel**

### Advisory team

**Ms Barbara Carter**

Cardiac Rehabilitation Coordinator  
National Heart Foundation (NSW)

**Dr Kerry Bowen**

Director of Diabetes Education  
Royal Newcastle Hospital

**Mr Tom Briffa**

NH&MRC  
Clinical Trials Centre

**Ms Laraine Dunn**

Fitness Leader

**Mr Ian Grainger**

Chief Executive Officer  
fitnessnsw

**Professor Wendy Brown**

Department of Human Movement  
University of Queensland

**Dr Arn Sprogis**

Chair  
Hunter Urban Division of General Practice

**Dr Michael Climstein**

Director, Cardiac Rehabilitation  
Harbord Diggers Memorial Club Ltd

**Dr Libby Campbell**

Evaluation Officer  
Hunter Centre for Health Advancement

**Ms Julie White**

Heartmoves Fitness Leader  
Greenhills Sport & Leisure

**Ms Melba Mensch**

Diabetes Educator  
Diabetes Education Unit  
Royal Newcastle Hospital (HAHS)

**Mr Stuart Allen**

Chief Executive Officer  
The Forum: Sports & Aquatic Centre  
University of Newcastle

**Ms Noella Sheerin**

Project Manager  
GP Support Program  
National Heart Foundation (NSW)

**Mr Bill Johnson**

Manager  
Body & Soul Healthworks

**Mr Philip Vita**

Nutrition & Physical Activity Branch  
Centre for Health Promotion  
NSW Health

**Ms Lynleigh Atkinson**

Project Officer  
Hunter Urban Division of General Practice

**Ms Margaret Thomas**

Centre for Health Promotion  
NSW Health

**Mrs Diane Hay**

Development Officer  
Department of Sport & Recreation

**Mr John Pirlo**

Manager  
Wests Gym & Fitness Centre

**Ms Deborah Praden**

Head Teacher  
Health & Recreation, TAFE

**Mr Russell Lee**

Manager  
Military Road Medical Centre

**Mr Bob Carroll**

Manager  
Bob Carroll's Fitness Studio

**Ms Donna Scates**

Heartmoves Fitness Leader

---

# Appendix B

## Borg's Rate of Perceived Exertion (RPE) Scale



(10 point scale)		(15 point scale)	
0	Nothing at all	7	Very light
0.5	Very, very weak	8	Very light
1	Very weak	9	Light
2	Weak	10	Somewhat hard
3	Moderate	11	Moderate
4	Somewhat strong	12	Moderate
5	Strong	13	Hard
6	Strong	14	Hard
7	Very strong	15	Hard
8	Very strong	16	Hard
9	Very strong	17	Very hard
10	Very, very strong	18	Very hard
*	maximal	19	Maximal*
		20	“ “



# Appendix C

## Pre-exercise assessment form



### PRE EXERCISE ASSESSMENT FORM

Exercise is beneficial for health. **Before** you start exercising please answer the questions this form. This information will help your instructor guide your activity to maximise benefit and minimise any risk.

#### General Personal Information

Name \_\_\_\_\_ Tel \_\_\_\_\_  
 Address \_\_\_\_\_ Emergency Name \_\_\_\_\_  
 \_\_\_\_\_ contact: Tel \_\_\_\_\_  
 Postcode     Sex:    M / F Age    yrs  
 Employed? Yes / No \_\_\_\_\_ GP Name \_\_\_\_\_  
 If yes, occupation? \_\_\_\_\_ contact: Tel \_\_\_\_\_

Membership details:	<b>Yes</b>	<b>No</b>	Insurance/Other cover:	<b>Yes</b>	<b>No</b>
Member	<input type="checkbox"/>	<input type="checkbox"/>	Private Health Insurance	<input type="checkbox"/>	<input type="checkbox"/>
Casual	<input type="checkbox"/>	<input type="checkbox"/>	DVA White Card	<input type="checkbox"/>	<input type="checkbox"/>
Pensioner	<input type="checkbox"/>	<input type="checkbox"/>	DVA Gold Card	<input type="checkbox"/>	<input type="checkbox"/>
Student	<input type="checkbox"/>	<input type="checkbox"/>	Other Cover (describe below)	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>			

#### Some current exercise habits that will help us tailor your program

Have you been exercising regularly in the last 6 months?  **Yes** If yes, what type of exercise? \_\_\_\_\_  
 **No**

How many times/week? \_\_\_\_\_ Times/week How long each time? \_\_\_\_\_ hrs \_\_\_\_\_ mins

How intensive is your current level of exercise for you (circle the number to reflect how hard you exercise)

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
As if sitting doing nothing	Very light work	Light work	Moderate work	Somewhat hard work	Hard work	Hard work	Very hard work	Very hard work	Very, very hard work	Could not possibly do any more

Please answer these questions as best you can – **tick yes or no to each one**  
**EVERYONE SHOULD COMPLETE PART A**

<b>Part A Have you ever had, do you have, or are you on medication for:</b>	<b>Yes</b>	<b>No</b>
a) Any form of heart problems (eg heart attack, angina, palpitations or bypass, pacemaker heart valves, angioplasty)	<input type="checkbox"/>	<input type="checkbox"/>
b) Asthma, emphysema, bronchitis/other lung problems	<input type="checkbox"/>	<input type="checkbox"/>
c) Rheumatic Fever or Glandular Fever	<input type="checkbox"/>	<input type="checkbox"/>
d) Arthritis or major injuries in the: neck, back, ankles, knees	<input type="checkbox"/>	<input type="checkbox"/>
e) Severe vein disorders in the legs or feet (eg large varicose veins, ulcer)	<input type="checkbox"/>	<input type="checkbox"/>
f) Pains in the chest when (resting or on exertion)	<input type="checkbox"/>	<input type="checkbox"/>
g) Currently pregnant or up to 6 weeks after birthing	<input type="checkbox"/>	<input type="checkbox"/>
h) Stroke	<input type="checkbox"/>	<input type="checkbox"/>
i) Diabetes: with "hypos" more than twice a year	<input type="checkbox"/>	<input type="checkbox"/>
j) Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
k) Hernia	<input type="checkbox"/>	<input type="checkbox"/>
l) Liver/Kidney condition	<input type="checkbox"/>	<input type="checkbox"/>
m) Swollen feet/ ankles	<input type="checkbox"/>	<input type="checkbox"/>
n) Dizziness or fainting	<input type="checkbox"/>	<input type="checkbox"/>
o) Eating disorder	<input type="checkbox"/>	<input type="checkbox"/>

If you answered YES to any questions and want to exercise here you will need to take this form to your doctor for clearance to exercise. Your doctor may write an exercise prescription for you advising either no exercise, low intensity (light) exercise or moderate intensity exercise.

**OR** If you already have medical clearance to exercise:

Details of medical condition/s & medication/s:

-----  
 Sign here

/ /  
 Today's Date

**ONLY if you intend to do VIGOROUS activity like pump, high intensity circuits, newbody, step, hi lo, etc you should also answer part B**

**Part B Are any of the following true for you:**

	Yes	No
a) you are male over 40 years of age or female over 50 years of age	<input type="checkbox"/>	<input type="checkbox"/>
b) you are a smoker	<input type="checkbox"/>	<input type="checkbox"/>
c) you are considerably overweight	<input type="checkbox"/>	<input type="checkbox"/>
d) you are <u>not</u> accustomed to moderate exercise, such as brisk walking, riding a bike, slow swimming, social tennis etc	<input type="checkbox"/>	<input type="checkbox"/>
e) you have been told by a health professional that you have high cholesterol	<input type="checkbox"/>	<input type="checkbox"/>
f) you have been told by a health professional that you have high blood pressure	<input type="checkbox"/>	<input type="checkbox"/>

**If you answered YES to any questions in PART B and you want to do VIGOROUS exercise classes you will need to take this form to your doctor for clearance to exercise**

**OR If you already have medical clearance to exercise:**

Details of medical condition/s & medication/s:

..... / /  
Sign here                      Today's Date

**EVERYONE should read the following STATEMENT carefully and sign below:**

- *I have answered the questions to the best of my ability*
- *I understand that the leader cannot give me medical advice with regard to my medical fitness to exercise*
- *I will tell the leader immediately if my health status should change from above*
- *I will tell the leader & consult with my GP if I want to try and exercise at a different intensity from what I aim to do now*
- *I agree to follow the directions of the leader with respect to my prescribed exercise program*
- *I will work at my own pace, learn the proper technique for the exercises & tell the leader if I feel any symptoms*

Signed by client: ..... Date: .....

Witnessed by qualified exercise provider: ..... Date: .....

Where applicable, I authorise for feedback to be sent to my GP about my exercise program

Signed by client: ..... Date: .....

Heartmoves locality guide brochure (front)



LOCALITY GUIDE

Accredited **Heart**moves fitness leaders now offering classes and personal programs at the following locations

Look for a **Heart**moves certificate of accreditation.  
It is your guarantee of quality.

## Heartmoves locality guide brochure (back)

<p><b>Newcastle Area</b></p> <p><b>Broadmeadow:</b>                      • Laraine Dunn (Fitness Consultant) 4946 8578 or 017 980 130</p> <p><b>Lambton/New Lambton:</b>                      • Wests Leagues Gym &amp; Fitness Centre 4935 1281</p> <p><b>Merewether:</b>                      • Isis Fitness 4963 6933                      • Eleanor Smith (Health Consultant) 4943 1420 or 0412 560 428</p> <p><b>Newcastle:</b>                      • Howzat Sports &amp; Fitness Club 4926 4488</p>	<p><b>Lake Macquarie Area</b></p> <p><b>Cardiff:</b>                      • GEM Fitness 4956 5345</p> <p><b>Carey Bay</b>                      • (Toronto YMCA) Kathryn Gilbert 4959 4444                      • Eleanor Smith (Health Consultant) 4947 2781 or 0412 560 428</p> <p><b>Elernore Vale:</b>                      • Viking Aquatic &amp; Fitness Centre 4951 3280</p> <p><b>Holmesville:</b>                      • GEM Fitness 4956 5345</p> <p><b>Rathmines:</b>                      • GEM Fitness 4956 5345</p> <p><b>South Lakes:</b>                      (Swansea, Belmont, Caves Beach, Marks Point &amp; Gwandalan)                      • Donna Scates 0418 266 358</p>
<p><b>Mid-Upper Hunter Area</b></p> <p><b>Cessnock:</b>                      • Total Fitness 4990 4066</p> <p><b>Maitland:</b>                      • Greenhills Sport &amp; Leisure 4933 4733                      • Body &amp; Soul Healthworks 4932 5655</p> <p><b>Nelson Bay</b>                      • Greenhills Sport &amp; Leisure 4933 4733</p> <p><b>Raymond Terrace:</b>                      • GEM Fitness 4956 5345</p> <p><b>Singleton:</b>                      • Singleton Gym &amp; Swim 6572 1359</p>	<p><b>Toronto:</b>                      • GEM Fitness 4956 5345</p> <p><b>Warners Bay:</b>                      • Genetics Fitness Club 4956 6557</p> <p><b>Windale:</b>                      • Laraine Dunn (Fitness Consultant) 4946 8578 or 017 980 130</p>

Heartmoves brochure (front)

**If you want to start exercising gently at your own pace and would like:**

- ☛ To meet people
- ☛ Be more physically active
- ☛ Become healthier

**Or if you are concerned about exercising or:**

- ☛ Have high blood pressure
- ☛ Have high cholesterol
- ☛ Have diabetes
- ☛ Have a heart condition
- ☛ Have had heart surgery
- ☛ Are overweight
- ☛ Want to continue exercising after your rehabilitation

**HEARTMOVES**


**A move in the right direction**

**HEARTMOVES** is part of a Hunter Physical activity demonstration project funded by NSW Health Department



Fitness leaders are trained by staff from the National Heart Foundation the Department of Cardiovascular Medicine (John Hunter Hospital) and Diabetes Education Centre (Royal Newcastle Hospital).


**Then HEARTMOVES is for you?**



## Heartmoves brochure (back)

### What is HEARTMOVES?


HEARTMOVES is a low moderate exercise program suitable for anyone who hasn't done any exercise for a while and would like to start gently in a friendly and professional atmosphere.



HEARTMOVES programs are only run by accredited fitness leaders specially trained in managing low to moderate exercise programs suitable for people with cardiac or diabetic conditions.



All programs include screening and if needed referral to your doctor for a medical clearance to exercise.

### How can I benefit from HEARTMOVES?



Regular exercise can:

- ☛ Lower blood pressure
- ☛ Improve cholesterol control
- ☛ Help manage weight
- ☛ Help manage diabetes
- ☛ Improve well being and flexibility


The NSW Chief Health Officer recommends 30 minutes or more of moderate intensity physical activity on most days of the week. Heartmoves can be combined with other physical activities such as:

- ☛ Walking
- ☛ Dancing
- ☛ Lawn bowls
- ☛ Golf
- ☛ Swimming


To help you achieve this.

### Where can I find HEARTMOVES?

A number of fitness centres have leaders trained in Heartmoves and are providing Heartmoves classes and programs. Heartmoves is only available in Newcastle and the Hunter (look for the logo).




See insert for current contact details of trained Heartmoves fitness leaders.



Heartmoves poster


# HEART MOVES



**How can I benefit from HEARTMOVES?**

Regular exercise can:

- ♥ Lower blood pressure
- ♥ Improve cholesterol control
- ♥ Help manage weight
- ♥ Help manage diabetes
- ♥ Improve well being and flexibility





**HEARTMOVES**

Programs are only run by accredited fitness leaders specially trained in managing low to moderate exercise by staff from the National Heart foundation, the Department of Cardiovascular Medicine (John Hunter Hospital) and Diabetes Education Centre (Royal Newcastle Hospital).


The programs are for everyone and specifically designed to be safe for people with cardiac or diabetic conditions.


**What is HEARTMOVES?**

HEARTMOVES is a low moderate exercise program suitable for anyone who hasn't done any exercise for a while and would like to start gently in a friendly and professional atmosphere.



**A move in the right direction**



**If you want to start exercising gently at your own pace and would like:**

- ♥ To meet people
- ♥ Be more physically active
- ♥ Become healthier

**Then HEARTMOVES is for you?**




**Where can I find HEARTMOVES?**

At selected fitness centres in Newcastle and the Hunter (ring your local centre)

HEARTMOVES HEARTMOVES HEARTMOVES

### Heartmoves fridge magnet



# Appendix E

## Body Mass Index (BMI) and energy expenditure calculations



### Calculation of overweight/obesity

Body mass index (BMI) was based on self reported height and weight [BMI = weight (kg)/height<sup>2</sup>(m)]. Overweight or obese was classified as BMI ≥ 25 (NHMRC, 1997).

### Calculation of energy expenditure

Time reported for each category of physical activity (vigorous, moderate and walking) was multiplied by weight (kgs) and by the relevant rate of energy expenditure:

Vigorous activity	x 7.5 METs
Moderate activity	x 3.5 METs
Walking	x 3.5 METs

An estimate of the total energy expenditure was calculated by adding the results of these three categories together.

### Energy expenditure classification

Category of energy expenditure	Health benefit threshold	Corresponding energy expenditure (Kcal/week)
High	Adequate	≥ 1600 AND participating in ≥ 1 hour of vigorous activity
Moderate hour of vigorous activity	Adequate	≥ 800 but did not engaged in at least 1 hour of vigorous activity
Low	Inadequate	
Sedentary	Inadequate	50 > 800 0 < 50

*NSW Health Promotion Survey, Epidemiology and Surveillance Branch, NSW Health Department and NSW Physical Activity Survey, 1996)*

# F

## Appendix F Media articles

*The Star*, 14 April 1999

# Heart healthy exercise

The Hunter Region Heart Foundation is leading the State with the development of a new exercise program for people at risk of heart disease.

The two-year pilot project called Heartmoves was developed in conjunction with Royal Newcastle and John Hunter hospitals. Several Hunter fitness leaders have already been trained as accredited Heartmoves providers.

According to the Heart Foundation's Dr Amanda Nagle, the program involves low to moderate intensity exercises specifically designed for individuals taking part.

The classes are suitable for people who have or are at risk of heart disease including diabetics, those with high blood pressure and/or high cholesterol, those who've had heart



▲ *The Heartmoves exercise program - gentle exercise and great fun.*

surgery and those who are physically inactive.

Although older people were more likely to fall into these categories, the program was designed for anyone, Dr Nagle said.

"Each person can go at

their own speed," she said.

"The exercises are designed to raise a light sweat and are around the equivalent of a brisk walk."

The classes, set to music,

also provided social interaction which appealed to many older people, she said.

Anyone interested in joining a Heartmoves class should contact their local fitness centre.

*The Post*, 18 August 1999

## Seniors

A Post Advertising Feature

# Healthy heart moves

HUNTER people are on the move towards healthier hearts.

Heartmoves, a new safe and fun exercise program designed to fight Australia's leading killer – heart disease – is attracting hundreds of people each week.

Developed in the Hunter, Heartmoves is a low-to-moderate exercise program that

is suitable for everybody but specifically designed to be safe for people with cardiac or diabetic conditions.

The program is delivered by accredited fitness leaders in Newcastle and the Hunter.

The Heart Foundation Hunter coordinator Dr Amanda Nagle said: 'More Australians, especially those who have risk factors

for heart disease need to be taking more regular exercise.'

Risk factors for heart disease include smoking, high cholesterol, high blood pressure, diabetes or inactivity.

A report released this month in Canberra shows heart disease and stroke accounted for 42% of all deaths in Australia in 1996.

The Heart Foundation worked with health professionals from the John Hunter Hospital cardiac unit, diabetes education unit at the Royal Newcastle Hospital and fitness professionals to develop the exercise program.

For more information on the program contact The Heart Foundation ☎4952 4699.



Good for you: Instructor Gayle McDonald (left) leads Margaret White and Anna Fratingelo in a Heartmoves class.

# HEART MOVES

A low-to-moderate intensity exercise program suitable for everyone but specially designed to be safe for people who have or are at risk of heart disease and diabetes.

**The following are accredited Heartmoves Fitness Leaders recommended by the Heart Foundation.**

**Bob Carroll's Fitness Studio**  
Unit 7, 122 Garden Grove Pde  
ADAMSTOWN  
**Phone: 4957 6255**

**Laraine Dunn -  
Fitness Consultant**  
All Areas  
WINDALE, BROADMEADOW  
BOULAROO, TOMAREE  
NELSON BAY  
**Phone: 017 980 130  
4946 1544**

**Lea Lennox -  
Fitness Consultant**  
The Forum - Newcastle University  
Mon, Wed & Thursday  
**Phone: 0407 006 610  
4921 7001**

**International Squash Health &  
Fitness**  
Next to Marathon Stadium  
Turton Rd, LAMBTON  
**Phone: 4957 1758**

**Total Fitness**  
21 Cessnock St  
CESSNOCK  
**Phone: 4990 4066**

**Green Hills Sports & Leisure  
Centre**  
15 Mitchell Drive  
GREEN HILLS  
**Phone: 4933 4733**

**Viking Aquatic & Fitness Centre**  
156 Cardiff Rd  
ELERMORE VALE  
**Phone: 4951 3280**

**Planet Fitness**  
30 Verulam Rd  
LAMBTON  
**Phone: 4956 2144**

**Body & Soul Healthworks**  
359 - 363 High St  
MAITLAND  
**Phone: 4932 5655**

**Isis Fitness**  
18 Mitchell St  
MEREWETHER  
**Phone: 4963 6933**

**Howzat Sport & Fitness Club**  
Cnr Tooke & Darby St  
NEWCASTLE  
**Phone: 4926 4488**

**Wests Gym & Fitness Centre**  
88 Hobart Rd  
LAMBTON  
**Phone: 4935 1281**

**Donna Scates**  
Belmont Bay Squash & Gym  
Dynamics Squash & Health Club  
**Phone: 0418 266 356**

**Genetics Fitness Club**  
Hillsborough Rd  
WARNERS BAY  
**Phone: 4956 6557**

**Gem Fitness - All Areas**  
TORONTO - Wed & Fri  
CARDIFF - Mon  
MARKETOWN - Mon - Thurs  
CHARLESTOWN - Mon  
Private or Group Class  
**Phone: 4956 5345  
0407 915 802**

0103473462Aug18

# Notes

---





