

**For Immediate Release**

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Carleton Place & District Memorial Hospital Foundation  
Carleton Place, ON

**Carleton Place Hospital Receives a gift from Heritage Fitness**

The Carleton Place & District Memorial Hospital (CPDMH) is pleased to announce that the Heritage Community Fitness Centre has given a gift of \$2000 towards the purchase of a stress testing treadmill for the Hospital's Ambulatory Care Department.



“We are very happy with the response we have received from the community since we opened earlier this year and we would like to make this gift to the hospital on behalf of our staff and our members”, stated Kevin Price, Owner of Heritage Fitness.

Heritage Fitness opened April 1 of this year and offers traditional fitness classes such as aerobics, yoga, Pilates, and indoor-cycling, as well as more specialized programming from Personal Trainers for seniors, pre/post natal, sports conditioning, rehabilitation, massage, counselling and nutrition. In addition the facility has a broad selection of cardio machines, easy to use selectorized resistance machines, plate-loaded resistance machines, a vast

*Members of the Heritage Fitness Team, Jennifer Anders, Personal Trainer; Casey Carswell, Program Director; Melody Strickland, Personal Trainer; Lyndsay McVie, Admin Coordinator; and Jennifer Hicks, Personal Trainer, with a cheque representing the donation from Heritage Fitness.*

selection of free-weights and safety racks, and equipped cardio studios.

“In the last year the profile of cardiac care has increased within our hospital so the new treadmill will be a valuable tool in patient diagnosis and treatment,” stated Toni Surko. “I would like to thank Heritage Fitness for their wonderful gift and for taking an active role in the health of our community.”

A stress test helps a doctor find out how well your heart handles work and can show if the blood supply is reduced in the arteries that supply the heart. During the test the physician pays particular attention to the heart rate, blood pressure, breathing, changes in the electrocardiogram pattern, irregular heart rhythm, and the patient's appearance and symptoms.

In addition to the gift towards the treadmill, Heritage Fitness has contributed to various events held on behalf of the hospital and has an area in its facility dedicated to providing information on the hospital.

“We believe a healthy hospital is one of the essential components of a healthy community and because of that we have decided to name the Carleton Place Hospital as our charity of choice,” continued Mr. Price.

“We are honoured that the Heritage Community Fitness Centre has chosen our hospital to be its charity of choice”, stated Chantelle Troy, Manager/Community Relations Officer of CPDMH Foundation. “On behalf of the Foundation I would like to thank Heritage Fitness for this designation and we wish them much success in the future.”

For more information on the Heritage Community Fitness Centre, including the programs offered and the benefits of membership, please visit [www.heritagefitness.ca](http://www.heritagefitness.ca) or visit the beautiful facility at 2 Maple Lane.

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