



Canadian Women's Heart Health Alliance

Training and Education Working Group | Member Profile



Helena Van Ryn, BScPT

Physiotherapist, University of Ottawa Heart Institute

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Member since 2018

Biography

Helena has 30 years of experience working as a physiotherapist at the Ottawa Heart Institute. She earned her Bachelor's degree in Science (Physiotherapy) from Queen's University. A Certified Clinical Exercise Physiologist through the American College of Sports Medicine since 2004. Her diverse interests include; motivation and education, yoga, meditation and mindfulness training as a means to affect life-changing behaviours. She takes pride in helping people shape behaviour and establishing the habit of regular physical activity. She is aware of the challenge of balancing work and home life. "Lenny" has been an instructor for the Heartwise exercise program since its inception (2005). She has conducted five research studies, all of which were presented at the Canadian Association of Cardiovascular Prevention and Rehabilitation Annual Conferences. Her passions include Women's Heart Health and Virtual Care. She is a member of the training and education working group of the Canadian Women' Alliance. She teaches in the cardiovascular technology program at Algonquin College.