

Steppin' It Up is a  
multidisciplinary  
exercise program at  
Children's Hospital  
of Wisconsin.

Steppin' It Up



Herma Heart Institute  
PO Box 1997  
Milwaukee, WI 53201-1997  
[chw.org/steppinitup](http://chw.org/steppinitup)

A physical activity program  
for patients with congenital  
heart disease



Herma Heart Institute

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Reviewed July 2019

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## What is Steppin' It Up?

Our unique exercise program helps patients with congenital heart disease feel better and stronger.

## What are the benefits?

- Increase strength and endurance
- Improve knowledge of heart-healthy behaviors
- Meet peers with similar heart conditions

## Who can join the program?

- Herma Heart Institute patients 8-18 years old
- Our team will talk with your doctor to ensure the program is a good fit.

## How do I get started?

Please email [cardiacrehab@chw.org](mailto:cardiacrehab@chw.org) if you or your child would like to join our program or if you have further questions.

## About Steppin' It Up

### Multidisciplinary team

- Cardiologist
- Exercise physiologist
- Physical and occupational therapists
- Psychologist
- Nutritionist
- Marquette University fitness mentor/buddy

### Program

- The program is one year long
- There is a group activity every 6 weeks
- There are three tiers to the program:
  - **Tier 1:** Activities at home with exercises on a DVD or in a paper packet
  - **Tier 2:** Individualized physical activity program, with support from physiologists and Marquette mentor
  - **Tier 3:** Physical activity that is targeted to the child's interests, with the help of community resources

### Each child will receive

- Garmin activity tracker watch
- Steppin' It Up t-shirt
- Steppin' It Up water bottle

Marquette mentors are students in Marquette University's Exercise Sciences Program and are in a special class that partners with Steppin' It Up.

