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

A physical activity program for patients with congenital heart disease
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 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.