What is CARDIAC REHABILITATION?

1. **Regular Exercise**
   From supervised activities, to a daily walk in the park, the idea is to get moving.

2. **Adopt a Heart Healthy Diet**
   This includes meals that are low in salt and rich in whole grains, fruits, vegetables, low-fat meats and fish.

3. **Reduce Stress**
   Learn to control your daily stress through relaxation techniques, recreation, music and other various methods.

4. **Medical Therapy**
   Follow your doctor’s instructions carefully and take your medications as directed.

5. **Stop Smoking**
   Most cardiac rehab programs offer methods to help you kick this harmful habit.

Finally, TALK TO YOUR HEALTH CARE PROVIDER about enrolling in a cardiac rehab program TODAY!

CARDIAC REHAB can:

- Lower the chances of a 2nd heart attack or heart surgery
- Reduce overall risk of dying or having a future cardiac event
- Lessen chest pain, and in some cases, the need for medications
- Control risk factors such as high blood pressure & cholesterol
- Help with weight loss

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit CardioSmart.org/CardiacRehab