

## What is **CARDIAC REHABILITATION?**

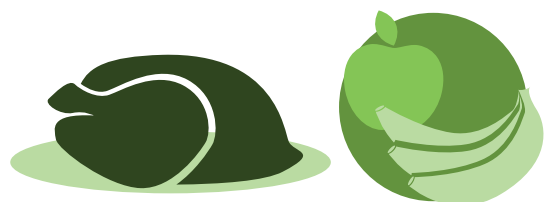
### **1** Regular Exercise

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.



Cardiac Rehabilitation Programs Typically Consist Of The Following **5** Components

### **3** Reduce Stress

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



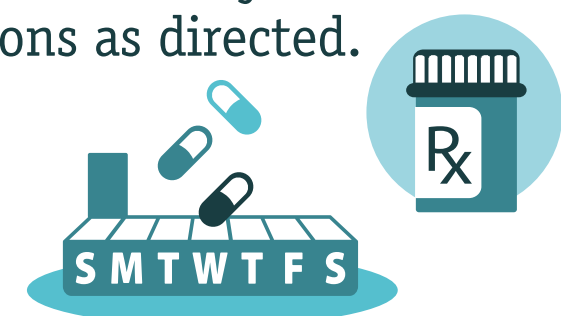
### **5** Stop Smoking

Most cardiac rehab programs offer methods to help you kick this harmful habit.



### **4** Medical Therapy

Follow your doctor's instructions carefully and take your medications as directed.



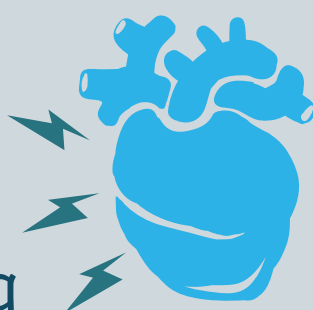
**TALK TO YOUR HEALTH CARE PROVIDER** about enrolling in a cardiac rehab program **TODAY!**

## 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](https://www.CardioSmart.org/CardiacRehab)