CARDIAC REHABILITATION

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.

Cardiac Rehabilitation Programs Typically Consist Of The Following 5 Components

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