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 REHAB can:

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

Talk to your health care provider about enrolling in a cardiac rehab program today!

For more information, visit CardioSmart.org/CardiacRehab