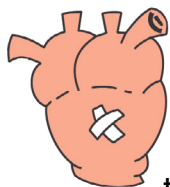


BACK ON TRACK CARDIAC REHABILITATION: *Your Next Step To Recovery*

WHAT IS IT?

Cardiac rehab helps heart patients get well sooner and return to full, active lives. It has two parts:

#1- Exercise training to help you exercise safely, strengthen your muscles and get your energy back.



#2 - Education and counseling to help you understand your heart condition and find ways to change unhealthy habits to new, healthy ones.

WHAT ARE THE BENEFITS

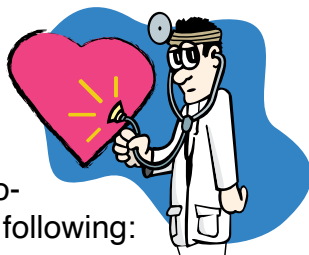
It can help you:

- Decrease symptoms like chest pain and shortness of breath
- Reduce the risk of future heart problems and related hospital admissions
- Live longer
- Reduce stress
- Feel better faster
- Get stronger

WHO IS ON THE CARDIAC REHAB TEAM

Your team of health providers may include the following:

- Doctors
- Exercise specialists
- Nurses
- Respiratory therapists
- Dietary specialists



WHO CAN BENEFIT?

You can benefit if you:

- Have had heart surgery (coronary artery bypass)
- Have had a heart attack
- Have had heart angioplasty
- Have heart disease (coronary artery disease)
- Have heart failure (CHF)



WHAT ARE THE GOALS OF CARDIAC REHAB?

It can help you reach many goals. Your doctor and cardiac rehab staff will help you decide which of these are right for you.

- Aerobic exercise
- Weight management
- Cholesterol control
- Quitting smoking
- Diabetes control
- Healthy eating
- Stress management
- Blood pressure control



IS CARDIAC REHAB RIGHT FOR ME?

YES!

Cardiac rehab can help you feel better and get back to what you enjoy. Call the number below to get started.

Contact: _____

Phone Number: **251.461.2438**