

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**

Rehabilitation After Cardiovascular Dise

Kathleen Armour



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