

# 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.



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



**Lessen chest pain**, and in some cases, the **need for medications**

**Control risk factors** such as high blood pressure & cholesterol



**Help with weight loss**



**Reduce overall risk** of dying or having a future cardiac event



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit [WMCHHealthAPS.com/Heart](http://WMCHHealthAPS.com/Heart)