

Healthy Hearts

Cardiac Rehabilitation Program

Cardiac rehabilitation

- If you have been in hospital recently with a heart problem, cardiac rehabilitation can help you.
- The Cardiac Rehabilitation Program is held on Tuesday afternoons and goes for a total of 8 weeks. Each participant is encouraged to attend the full **8 sessions**.
- A team of health professionals will be available each week. Partners or a key support person are encouraged to attend.
- An initial nurse and physiotherapist assessment is required prior to starting the program. This take 1½ hours.
- Please call 5381 9115 to book an appointment or ask your GP to refer you.

Program overview

1.00pm

- Measurement of blood pressure, pulse and weight
- Discuss any questions, update on your progress through the week
- Set exercise program for the session

1.15 – 2.15pm

- Warm up exercises performed as a group
- Individual graduated exercise program

2.15 – 2.45pm

- Education session and questions

Educational topics

1. Exercise: Why? How much? How hard?
2. Health eating
3. Emotions/relationships
4. How the heart works, what is angina and how to treat it, when to go to hospital
5. Heart medications
6. Hidden fats in food. How to read food labels.
7. Quit smoking and staying quit: Managing blood pressure
8. Stress management, relaxation practices

After the program

The Cardiac Rehabilitation Team have multiple community exercise options. These options can help you to continue to maintain and participate in a healthy lifestyle.

If you are interested in any of these community exercise options, please ask our friendly team.

The Cardiac Rehabilitation Program is held each Tuesday and runs for 8 weeks.

Time: 1.00pm – 2.45pm

Venue: Arapiles Building, 83 Baillie Street, Horsham

- **Bring a water bottle**
- **Wear comfortable clothing and footwear suitable for walking**
- **Please complete a RAT test Tuesday morning prior to attending**

Booking enquiries

Please contact Arapiles Reception
on 5381 9333

Please call if unable to attend