

REHAB *IN MOTION*



People of all ages and walks of life are living stronger and longer, thanks to cardiac rehabilitation.

It's a proven way for individuals dealing with heart disease or a heart related condition to regain strength and improve overall health.

What is a CARDIAC REHABILITATION Program?

Cardiac Rehabilitation Programs Typically Consist Of The Following 5 Components:

1 Regular Exercise

From supervised activities, to a daily walk in the park, the idea is to get moving.



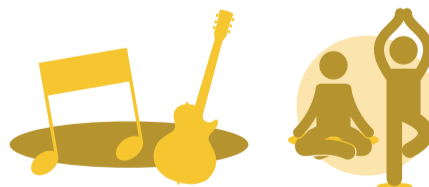
2 Adopt a Heart Healthy Diet

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.



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 on schedule.



Talk to your health care provider about enrolling into a program **today!**

► For more information, visit www.CardioSmart.org/CardiacRehab.

Please consult your health care provider about your specific health needs.