

What is Cardiac Rehabilitation?

Cardiac rehab programs can promote recovery, strengthen the heart and save lives.

Participating in one helps people:

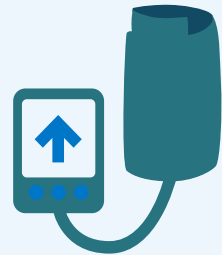


Lower the chance of another heart attack, heart surgery, hospital stay or of dying



Lessen chest pain, symptoms of heart failure and, in some cases, the need for medications

Manage risk factors – high blood pressure, cholesterol, weight

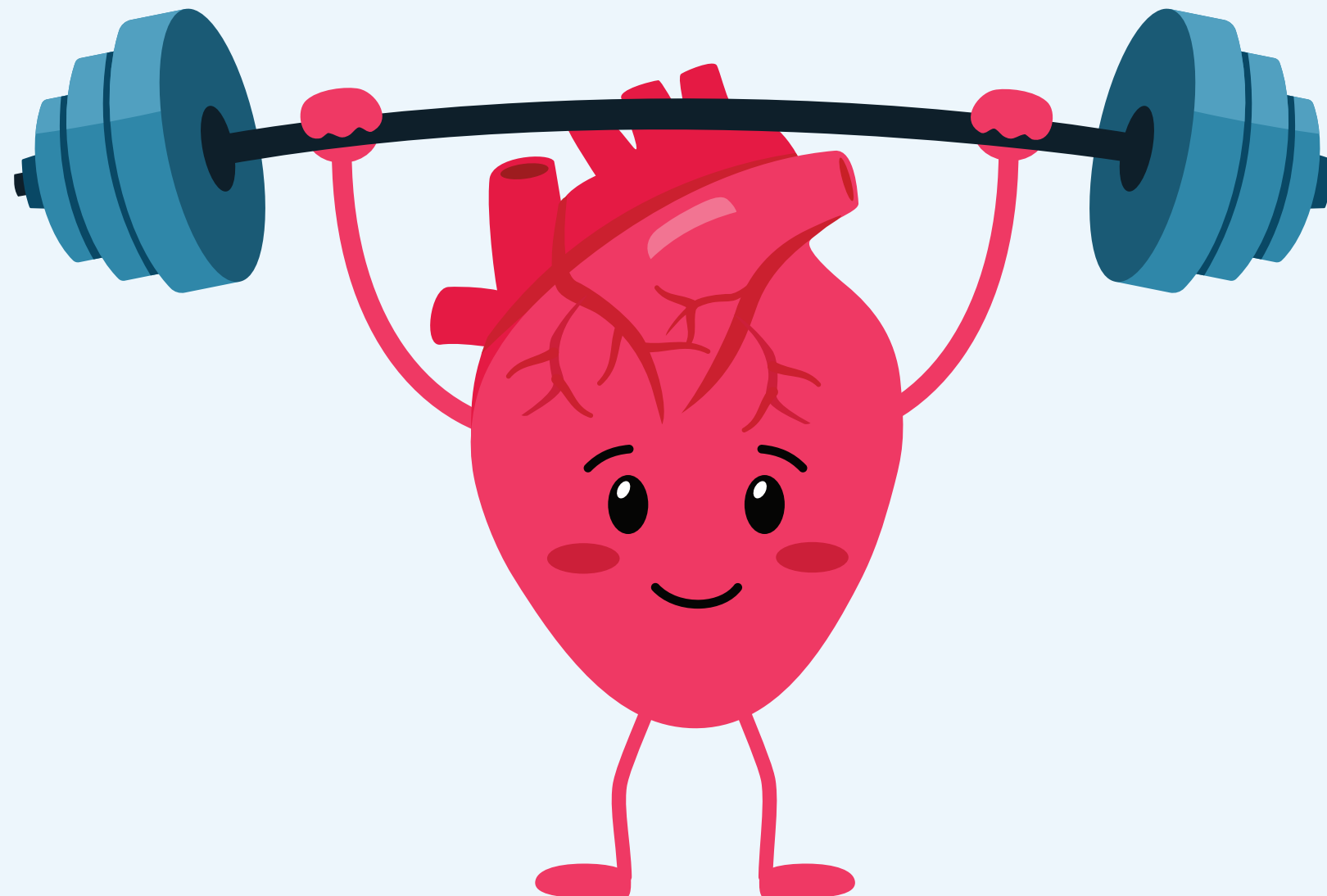


Get back to life, daily activities



Talk with your health care team about enrolling in a cardiac rehab program!

Cardiac rehab is a program health care teams recommend after heart attack, heart surgery, and for heart failure.



You can find programs at many hospitals and clinics and, in some cases, even participate at home.



Follow their treatment plan, take medications with confidence.



Be more active through supervised exercise and strength training.



Eat heart-healthy foods, focusing on a diet low in fat and salt and rich in vegetables, fruits, whole grains and fish.



Quit smoking with counseling and medicines.



Improve mental health, reduce stress and learn mindfulness activities.



Keep an eye on and manage risk factors – weight, cholesterol, blood pressure, and diabetes.

For more information, visit [CardioSmart.org/CardiacRehab](https://www.CardioSmart.org/CardiacRehab)
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