**THE BASICS OF CARDIAC REHABILITATION**

**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.

---

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.

4. **Medical Therapy**
   Follow your doctor’s instructions carefully and take your medications on schedule.

5. **Stop Smoking**
   Most cardiac rehab programs offer methods to help you kick this harmful habit.

---

Cardiac Rehabilitation Programs Typically Consist Of The Following 5 Components:

---

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

---

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

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