

7 Steps to a Healthy Heart

1. GET ACTIVE—People who are inactive are twice as likely to be at risk for heart disease or stroke.
2. HIGH CHOLESTEROL - You can get your cholesterol numbers back on track by making healthy dietary changes, participate in at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more, achieving and maintaining a healthy body weight and becoming smoke free..
3. HEALTHY DIET—is one of the most important things you can do to improve your health.
4. HIGH BLOOD PRESSURE—controlling your blood pressure can cut your risk of stroke by up to 40% and heart attack by 25%
5. HEALTHY BODY WEIGHT—Obesity is a major risk factor for heart attack & stroke.
6. MANAGE DIABETES—Diabetes increases your risk of high blood pressure, atherosclerosis (narrowing of the arteries), coronary artery disease and stroke.
7. BE SMOKE FREE –Within one year of being smoke free you cut your risk of heart disease and stroke in half.

According to a Nurses' Healthy Study, women who went from no activity to just one hour per week reduced their risk of heart disease by almost half..

<http://www.youtube.com/watch?v=aUaInS6HIGo>

Please take time to watch this video called 23 1/2 hours: What is the single best thing you can do for your health. It is well illustrated and explains the importance of exercise.



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THANK YOU TO KINGSTON CARDIAC REHAB FOR THEIR TRAINING AND PROGRAM DEVELOPMENT



Cardiac Rehabilitation Program



**Exercise IS the best
medicine**

**What is Cardiac Rehabilitation
and what should I expect?**

What is Cardiac Rehabilitation?

Cardiac rehabilitation is a program of exercise, education and counselling that is designed to help you learn how to make heart healthy living a part of your everyday life.

Participating in a cardiac rehabilitation program will dramatically reduce your risk of future heart problems. We will measure your risk factors at different times and points to watch your progress and improvement. Research demonstrates that people who participate in a cardiac rehabilitation program are more successful at managing their risk factors than those who do not.

The Prince Edward Family Health Team has a group of specialists that are available to help you succeed.

WHAT WILL HAPPEN NEXT?

1. Once we receive a referral from your doctor or specialist, you will be contacted by the Admin and scheduled for screening appointments.
2. **SCREENING DAY**—Begins by filling out consents and medical questionnaires. A doctor, nurse and physiotherapist will examine you. Blood work and an Exercise Stress Test may be scheduled. The results of the tests will determine your “exercise prescription”. The prescription is unique to you and will be used during the exercise program. You will be asked to track your daily steps with a pedometer. Pedometer or a FitBit are recommended.
3. **Exercise Day**—Every Tuesday and Thursday a physiotherapist and nurse will be there to guide you through the program. It includes a warm up, active exercise, strength training and a cool down. Blood pressure and heart rate will be monitored throughout the program. Each Thursday education will be provided by PEFHT dietitians, pharmacist, social workers and the PEACH team. On your “off” days you will be encouraged to exercise at home and walk daily.
4. The program will be up to 12 weeks. By participating in all aspects of the program you can start your new healthy lifestyle.
5. **Moving On Program**—we will encourage you to stay active after you graduate. Local fitness facilities look forward to our graduates and offer some discounts.

