

# PEACH CARDIAC REHABILITATION PROGRAM INFORMATION FOR PARTICIPANTS

To attain the greatest benefit from the PEACH Program we request that you participate in the following:

- ♥ **Exercise Sessions** – individually prescribed exercise program
- ♥ **Cardiac Education** – Weekly education sessions
- ♥ **Individual Counselling** – private sessions with the dietician, social worker or other disciplines as the PEACH team recommends.
- ♥ **Movin' On Program** – to remain active

## EXPECTATIONS

### Attendance

- ♥ Regular participation in exercise and education sessions is essential to benefit from the program
- ♥ If you are unable to attend any sessions, please call 613-476-0400 ext. 275 and let us know
- ♥ Please arrive at least 5 minutes prior to exercise class start time

### Exercise

- ♥ Please wear comfortable clothing and change into clean indoor running shoes when you arrive - you will get warm so dress appropriately
- ♥ Bring a hand towel and water bottle with a sports tip
- ♥ Do home exercise sessions at least once per week and record in your log book
- ♥ Record daily walks in your log book

### Exercise Tips

- ♥ Eat a light snack do not have a full meal within one hour of exercise
- ♥ Avoid caffeinated beverages 2 hours before class (coffee, tea, some soft drinks)
- ♥ Avoid alcohol for 4 hours prior to class
- ♥ Individuals with diabetes should follow their regular diet and medication schedule and bring glucose monitor to each CR exercise session.
- ♥ When you arrive, and before exercising, inform the nurse or exercise therapist of
  - Any changes in your medication
  - New or increased symptoms of fatigue, dizziness, shortness of breath, chest pain or angina, irregular heartbeats or muscle or joint pain

**REMEMBER THAT THE PEACH STAFF WANTS YOU TO SUCCEED AND WILL HELP YOU FOLLOW THROUGH!!**