

# Benefits of Cardiac Rehab

Recovering from a heart problem, like a heart attack or valve surgery, takes time.

Cardiac rehabilitation can help.

During cardiac rehab, your care team will help you make heart-healthy changes like: being more active, choosing healthier foods, reducing stress, taking your medicines, or quitting smoking.

The support of cardiac rehab can help you feel better faster and prevent future heart problems, so you can get back to doing what you enjoy.