

# Cardiac Rehab: What Is It?

It's easy to worry when you find out you have heart disease.

You may have lots of questions.

Like ... are you doing the right things? Is it safe to exercise?

If so, how much should you do? What should you eat?

It's tough to know it all.

Your doctor may have suggested going to cardiac rehab.

In the program, you'll have a team of experts to help you get stronger and feel better.

You can take classes about healthy eating, quitting smoking, or managing your weight.

You may ... meet with a nurse to help with any side effects of your medications ...

see an exercise specialist about an activity plan ... or talk with a dietitian to help you plan meals.

And whatever your health, your program will be tailored to what you need.

For example, you'll follow an exercise plan from your doctor.

Your rehab team will guide you through the exercises.

You'll start where you're comfortable. Then you'll work with your team to get stronger.

Maybe you'll ride a bike, lift some light hand weights, or walk on a treadmill ...

just for a few minutes at first.

As you exercise, your rehab team will check your heart rate, heart rhythm, and blood pressure often to see how you're doing.

Then, if you want, you can talk with someone on your rehab team and set some goals.

Like going back to work ... or playing golf ... or taking care of your grandkids.

One of the best things about cardiac rehab is the people you meet.

They're going through the same things you are.

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Maybe they're learning how to manage stress, quit smoking, or deal with their emotions. And maybe those are things that you want to learn about, too.

So that's how cardiac rehab works.

You might even make some new friends there.

And you can help support each other as you grow stronger, feel better, and live healthier lives.