



Cardiac Rehabilitation



Overview

This plan helps you get stronger after you've had a heart attack, heart surgery or some other heart issue. It includes exercise and healthy eating. You may also have to change some of your bad habits.

Getting started

To get started, your care team creates a plan that meets your needs. The plan lists your goals and shows what you need to do to achieve them. Your program may begin while you're still in the hospital. It continues even after you go home.

What to expect

Your plan can be a mix of physical activities and lifestyle changes. The physical activities often include low-impact activities like walking and rowing. You may also do exercises to strengthen your muscles. Your care team will show you how to exercise safely and correctly. You'll learn how to eat a proper diet to lose weight or stay at a healthy weight. If you smoke, your plan will help you quit. You'll also need to work with your doctor to manage conditions like diabetes and high cholesterol.

Conclusion

By following your plan, you reap the benefits of good health. You also lower your risk for heart problems in the future. For most people, the program lasts about three months. After that, use these good habits to maintain your health for the rest of your life. For more info, talk to your doctor.