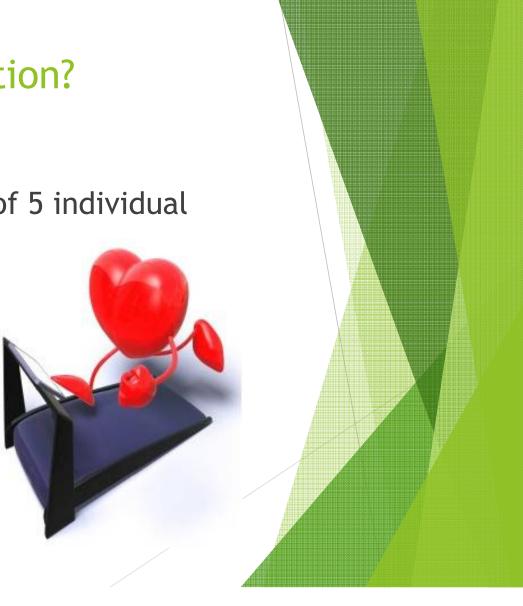


What is cardiac rehabilitation?

Cardiac rehabilitation consists of 5 individual components:

- ► Regular exercise
- ► Adopting a heart healthy diet
- ► Stress reduction
- ► Smoking cessation
- ► Medical therapy



What can cardiac rehab do for me?

- Cardiac rehabilitation can:
 - ► Lower chance of second heart attack or heart surgery
 - ► Control risk factors for heart attack and heart disease
 - ▶ Reduce your risk of dying from a future cardiac event
 - ► Reduce chest pain symptoms and, in some cases, need for medication
 - ► Help with weight loss

