



What is Cardiac Rehab?

What you need to know

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