

Cardiac Rehabilitation

The Heart of the Matter



What is Cardiac Rehabilitation?

Broward Health Fitness Center offers a Cardiac Rehabilitation Program which encompasses a multidisciplinary approach to achieve an improved quality of life.

Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), the program includes:

- *Monitored cardiovascular and strength training exercises*
- *Education to increase knowledge of heart disease*
- *Dietary consultation and counseling*
- *Behavioral Health*



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How Does the Program Work?

- *Individualized exercise program/group setting*
- *Blood pressure, heart rate and heart rhythm monitored*
- *Education relating to the physical and emotional effects of heart disease*
- *Meet with Registered Dietitian One on One*
- *Meet with a Behavioral Health Counselor*
- *Monthly interactive lectures*

Who Should Attend Cardiac Rehabilitation?

This includes patients diagnosed with the following:

- *Coronary artery disease*
- *Angina*
- *Heart attack*
- *Congestive heart failure*
- *Angioplasty or stent placement*
- *Heart surgery (coronary artery bypass grafting, valve surgery)*

How Will I Benefit from Cardiac Rehabilitation?

Benefits include:

- *Decreased probability of repeated cardiovascular disease*
- *Reduced heart disease symptoms*
- *Improved stamina and strength*

How Do I Join the Program?

A referral/prescription to Broward Health Medical Center's Cardiac Rehabilitation Program from your healthcare provider and insurance verification are required. Most insurance companies reimburse for cardiac rehabilitation.

If you or a loved one is interested in our cardiac rehabilitation program and would like more information, please call **954.459.2042** or **954.355.5521**.



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