

the team

<u>you</u>	<u>registered nurse</u>
<u>your physician</u>	<u>registered dietitian</u>
<u>program medical director (cardiologist)</u>	<u>exercise physiologists</u>

Heart disease ranks as the leading cause of death in Northern Colorado and the United States. But with proper eating and exercise, you can take charge of, and help maintain, your heart's health.

Heart Center of the Rockies offers a comprehensive program of cardiac rehabilitation to help you recover from cardiac illness, and help you and your family learn about heart disease and healthy lifestyles.

The rehab program is tailored to fit each person's needs, combining supervised aerobic exercise with education about nutrition, stress management, and other aspects of heart disease.

Cardiac Rehab begins while you are in the hospital and continues after your discharge. It is divided into three phases, with special programs for those with congestive heart failure or others who need additional help with their fitness. Our goal is to help you return to work, recreation, hobbies – and active living.

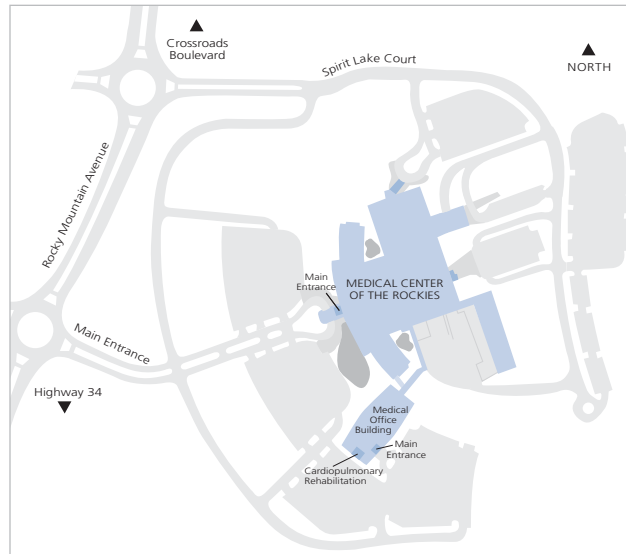
One of the most visible parts of our program is the Attack Pack, a group of cardiac rehab patients who are a familiar sight at local races, and around the area when they meet monthly for exercise, a heart-healthy breakfast, and camaraderie. The Attack Pack includes people of all ages, interests, and exercise abilities and is available to cardiac rehab participants.

Outpatient Cardiac Rehabilitation is a covered benefit under most insurance plans, but you may wish to contact your insurance provider to verify your individual coverage.

Your appointment is on:

_____ at _____ am/pm

Cardiopulmonary Rehabilitation at The Medical Center of the Rockies is located at the southwest end of the Medical Office Building, first floor, Suite 170.



Please contact the Cardiopulmonary Rehabilitation staff at (970) 624-1710 if you have questions or concerns.

We are looking forward to having you in the program!



Cardiac Rehabilitation & Conditioning Programs

*teaching and motivating
you to stay healthy and
make the most out of a fresh start*



MEDICAL CENTER OF THE ROCKIES
POUDRE VALLEY HEALTH SYSTEM

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class info

phase one

CARDIAC REHABILITATION FOR INPATIENTS

Recovery Instructions

Cardiac Rehab staff provides introduction to heart education, including: patients' transition to home and identification of necessary lifestyle changes.

Education

- Anatomy and physiology of the heart
- Cardiac risk factors
- Understanding heart disease
- Reviewing/changing your eating habits
- Stress Management
- Activity and exercise guidelines
- Guidelines for returning home
- Smoking Cessation

Medical Social Work

- Counseling support available on request

phase two

CARDIAC REHABILITATION FOR OUTPATIENTS

The emphasis is on guidelines for safe exercise, healthy lifestyles, and changing cardiac disease risk factors.

Exercise Program

- Classes meet three times each week. Length of participation varies depending on your needs
- Programs are designed to meet your fitness needs and goals
- Heart monitoring using telemetry
- Your exercise program is designed and supervised by Registered Nurses and Exercise Physiologists

Education Program

- Individual and Group Education Sessions
- Education Lecture Series (Professional Staff and Guest Lectures)
- Family members and friends are encouraged to attend

Education Topics Include:

- Cardiac disease
- Modifying cardiac risk factors
- Medicines
- Heart healthy diet
- Benefits of exercise
- Emotional adjustment
- Questions and answers with the cardiologists

EXERCISE SESSIONS

Monday, Wednesday and Friday

7:15-8:45 am

9:00-10:30 am

10:30 am – Noon

4:00-5:30 pm

cardiopulmonary conditioning program

The conditioning program is designed for people in the community who are interested in starting an exercise program in a health care setting.

For those people:

- With stable coronary artery disease
- Who have completed cardiac rehabilitation and would like to continue exercising.
- With risk factors for heart disease
- Who are healthy and want to stay healthy

Our staff will create an individually designed fitness program for you to include:

- Walking/jogging program and weight/strengthening exercises on state-of-the-art exercise equipment
- Heart rhythm monitored once per month
- Participants may attend the Cardiopulmonary Rehabilitation education lectures (held weekly) at no charge

COSTS PER MONTH

For Monday – Friday (unlimited attendance)

6:00-7:00 am, 12:00-1:00 pm

Individual - \$63

Couple (living in the same household) - \$116

OR

For Tuesday/Thursday only

10:00-11:30 am

Individual - \$37

Couple (living in the same household) - \$70