

## A comprehensive approach to Cardiac Rehabilitation

Exercise training teaches you how to exercise safely, strengthen your muscles and improve your stamina. Your customized exercise plan will be based on your individual ability and health needs.

Education, counseling, and training in our gym, under the direct supervision of the Cardiac Rehab team help you understand your heart condition and find ways to reduce your risk of future heart problems. The Cardiac Rehab team will help you to learn how to cope with the stress of adjusting to a new lifestyle and to deal with your fears about the future.

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## Cardiac Rehabilitation is safe and fun!

You'll enjoy the camaraderie of other heart patients while you work out, and will take comfort in knowing our professional staff is with you every step of the way.



Cardiac Rehabilitation has life-long benefits. Call to set up an appointment to learn more.

*We look forward to helping you achieve your goals!*

St. Luke's Cornwall Hospital  
Center for Cardiac Rehabilitation  
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## Recovering From Heart Disease Through Cardiac Rehabilitation



For patients with coronary disease, the physical and emotional challenges can be great. SLCH's Center for Cardiac Rehabilitation, on Route 207 in New Windsor, is dedicated to restoring health and well-being to these patients through a multidisciplinary program for both mind and body. According to the American Heart Association, cardiac rehabilitation programs can "extend overall survival" and "improve quality of life" for those with coronary disease.

You can benefit from Cardiac Rehab if you have heart disease, or have had a heart attack, coronary bypass surgery, angioplasty, valve repair or replacement, PTCA (balloon) procedure, or heart or heart/lung transplant.

Patients attend in small groups three times per week for 12 weeks, participating in a personalized exercise regimen and behavior modification program. The patients are monitored by a nurse and exercise physiologist as they work out on treadmills, stationary bicycles, rowing machines, and other equipment. Participants also attend sessions on nutrition, stress management, and other topics important to improving health and increasing longevity. After completing the program, participants may choose to graduate to an unmonitored fitness program offered at the Center.

SLCH's Cardiac Rehabilitation program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, and is covered by most insurance plans.

## Cardiac Rehab makes a difference

Cardiac Rehab is a safe and effective way to help you:

- Feel better faster
- Get stronger
- Reduce stress
- Reduce the risks of future heart problems
- Live longer

Almost everyone with heart disease can benefit from a Cardiac Rehabilitation program. No one is too old or too young.

Cardiac Rehabilitation also can help you control risk factors, such as:

- Smoking
- High blood pressure
- High blood cholesterol
- Sedentary lifestyle
- Overweight
- Diabetes
- Stress



## Cardiac Rehab team members include:

- Your primary care physician or cardiologist
- Nurses
- Exercise physiologist
- Dietitian
- Social worker

The most important member of your Cardiac Rehab team is YOU.

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## To be an active member of the Cardiac Rehab team:

- Learn about your heart condition.
- Learn what you can do to help your heart.
- Follow the treatment plan.
- Feel free to ask questions.
- Report symptoms, problems or changes your doctor has made.

