



Cardiac Rehabilitation

Recovering from a cardiac event or procedure may require specialized rehabilitation. Cardiac rehab is a **medically supervised program designed to help improve your cardiovascular health.**

WHAT DOES A CARDIAC REHAB PROGRAM INVOLVE?

- **Exercise counseling and training:** [Exercise](#) gets your heart pumping and your entire cardiovascular system working. You'll learn how to get your body moving in ways that promote heart health. Exercising your lungs and your muscles helps you be more active so you can do the things you enjoy with your loved ones.
- **Education for heart-healthy living:** A key element of cardiac rehab is educating yourself on how you can manage your risk factors and [take care of yourself](#), such as quitting smoking and making heart-healthy nutrition choices.
- **Counseling to reduce stress:** [Stress](#) hurts your heart. This part of cardiac rehab helps you identify and tackle everyday sources of stress.

If you are recovering from a cardiac event or surgery, talk to your doctor to see if Cardiac Rehab is right for you!

For additional education and resources, please visit:

[What is Cardiac Rehabilitation? | American Heart Association](#)

