



# CARDIAC REHABILITATION

## INTRODUCTION

Was there anything in yesterday’s teaching that you did not understand or was not clear? If yes, write down your question(s) to ask the nurse or doctor on your next visit.

My question(s):	Reason why I am asking:

Let’s talk about cardiac rehabilitation today.

## WHAT IS CARDIAC REHABILITATION?

Cardiac rehab is a program that you can join which is led by a team of exercise specialists, dietitians, nurses, doctors, and physiotherapists. There are two places in Winnipeg that offer the program, the Wellness Institute and the Reh-Fit Centre. If you live out of Winnipeg, there are other cardiac rehab programs. If you join, these programs help you feel confident and safe while exercising, provide teaching, and other supports that you may need.

## HOW DO I JOIN CARDIAC REHAB?

We try to refer every patient with a new heart attack to cardiac rehab at time of hospital discharge. Staff from a cardiac rehab program should call you within a few weeks to ask you to join. If you do not hear from staff at cardiac rehab within two weeks of discharge from hospital, we encourage you call cardiac rehab at:

- Wellness Institute: (204)-632-3907
- Reh-Fit Centre: (204)-488-8023

For a list of all sites in Manitoba click here: <https://mbacsnetwork.ca/education>

## WHAT IF I CAN’T GET TO THE CARDIAC REHAB GYM?

Some people do not join cardiac rehab because they live too far away or can’t find the time. Cardiac rehab programs can also work with you using the phone or internet instead of classes in the gym. So, you can get cardiac rehab from your house or community. The staff at the cardiac rehab program can talk with you about the best option to meet your needs.



## DO I HAVE TO PAY?

Most cardiac rehab programs need a small fee to join. Many insurance plans cover some or all the cost. If you cannot afford the fee, some of the cardiac rehab programs may be able to help. If you are not sure about the cost, please talk with the cardiac rehab staff to discuss options.

## WHY JOIN CARDIAC REHAB?

Cardiac rehab is one of the *best* ways to recover after a heart attack. Research has proven that people who join a cardiac rehab program after a heart attack do better than those that do not join. Major benefits include:

1. Reduce your risk of death from heart disease
2. Reduce your risk of having another heart attack
3. Improve your quality of life
4. Improve your mood and reduce stress
5. Assist you in maintaining a heart friendly lifestyle
6. Increase fitness level and bone and muscle strength

You will meet people who are also dealing with the same challenges you are facing. You will get to know the healthcare providers who will support you on your road to recovery.

## Make the right choice and join a cardiac rehab program!

### LEARN MORE ABOUT CARDIAC REHAB

- Wellness Institute: <https://wellnessinstitute.ca/cardiac-rehab/>
- Reh-Fit Centre: <https://www.reh-fit.com/heart-health/cardiac-rehabilitation>
- Heart and Stroke: <https://www.heartandstroke.ca/heart-disease/recovery-and-support/cardiac-rehabilitation>
- Patient Story Video: <https://www.youtube.com/watch?v=W1R9bMpltiU&t=7s>