

## Is cardiovascular rehabilitation for you?

Cardiovascular rehab is for you if you have experienced a vascular event, condition, or procedure:

- Angina
- Heart attack or acute coronary syndrome
- Angioplasty (stent)
- Bypass surgery
- Pacemaker or ICD
- Heart failure
- Heart transplantation
- Cardiomyopathy
- Peripheral vascular disease
- Non-debilitating stroke or TIA
- Valve surgery
- Reno vascular disease

You may also be eligible if you are high risk with multiple risk factors for vascular disease, such as a history of smoking, diabetes, high blood pressure, high cholesterol, inactive lifestyle or obesity.



## What are the benefits for you?

Cardiovascular rehabilitation will help you to:

- Manage risk factors for vascular disease;
- Control your weight, lower your cholesterol, and decrease your blood pressure; and manage diabetes;
- Increase your fitness, endurance and energy; and reduce stress, anxiety and depression; and
- Decrease your risk of having a vascular event.



## Getting started with cardiovascular rehabilitation

### Give us a call

If you have questions or would like to learn more about cardiovascular rehabilitation services, please contact the regional program's central booking office at **1-855-448-5471** or at **416-281-7022**.

### Send in your referral

To participate in cardiovascular rehabilitation at one of our sites, you will need a referral from your physician, which can be faxed to the central booking office at **416-281-7280**.



# Regional Cardiovascular Rehabilitation Service





The **Central East Regional Cardiac Care Program** offers **cardiovascular rehabilitation services** closer to home, at **community sites** throughout the **Central East Local Health Integration Network (LHIN)**.

## Services

- **EDUCATION**—We offer education classes and workshops to teach you and your family about vascular disease and how to make healthy lifestyle choices.
- **EXERCISE TESTING**—We measure your fitness and prescribe a safe and effective exercise program for you.
- **EXERCISE CLASSES**—You will take part in supervised, weekly on-site exercise classes.
- **EXERCISE PLAN**—We also develop an individualized home exercise plan so you can establish a regular routine.
- **COUNSELING & SUPPORT**—We are here to assist you with counseling, and can also provide referrals to other support services, such as diabetes education.

### VASCULAR HEALTH TIP #1

**Eat well.** A diet of nutritious, balanced meals and healthy snacks can help to reduce the risk of vascular disease.



## Classes

Our weekly exercise classes are approximately 90 minutes long, and include:

- Education on health and exercise, such as choosing the best training footwear, and exercising in the heat or cold;
- Warm-up exercises;
- Strength training using hand weights and resistance bands;
- Aerobic exercise, including walking or biking; and
- Cool-down exercises.

At each exercise class, we will supervise your exercise prescription, review your risk factors and monitor your progress. Our cardiovascular rehab team provides you with weekly support, encouragement and motivation for healthy living.

Classes can be scheduled in the morning, afternoon or evening to fit your schedule.

### VASCULAR HEALTH TIP #2

**Reduce stress.** High levels of stress or prolonged stress can lead to higher blood cholesterol and increased blood pressure.



## Care team

Our multidisciplinary team is ready to get you on track to better heart health. The team includes exercise therapists, dietitians, pharmacists, counsellors, cardiologists, cardiac diagnostics support, and volunteers.

## Our sites

We have multiple locations that are convenient for where you live or work.

**Scarborough**  
Rouge Valley Centenary

**Pickering**  
Pickering Soccer Centre

**Ajax**  
Ajax Community Centre

**Whitby**  
Abilities Centre

**Oshawa**  
■ Oshawa Civic Complex  
■ Oshawa Legends Centre

**Bowmanville**  
Bowmanville Indoor Soccer Complex

**Cobourg**  
■ Cobourg Community Centre  
■ YMCA Northumberland

**Port Perry**  
Scugog Community Recreation Centre

**Lindsay**  
Ross Memorial Hospital

**Bobcaygeon**  
Forbert Memorial Workout Centre

**Peterborough**  
Peterborough Sport & Wellness Centre

**Campbellford**  
Hastings Field House



### VASCULAR HEALTH TIP #3

**Get active.** Being active 30 to 60 minutes a day can prevent and control risk factors, reduce stress levels, increase energy and improve sleep and digestion.