



ANDERSON

Regional Medical Center

Cardiopulmonary Rehabilitation Center Heart F.I.T.

Fitness Is Tops — Cardiac Rehabilitation Program

Do you know someone who has or have you experienced any of these cardiac events?

- Heart Attack
- Coronary Artery Bypass Surgery
- Balloon Angioplasty
- Angina

The Cardiac Rehabilitation Program at Anderson Regional Medical Center assists individuals in achieving and maintaining an optimal level of cardiovascular fitness.

Cardiac Rehab includes:

Education — The education aspect of Heart F.I.T. helps patients and their family members learn more about the heart and coronary artery disease, risk factors for CAD, proper diet and other lifestyle changes necessary for prudent heart living.

Exercise — Heart F.I.T. participants will be involved in individually tailored exercise programs for 1 hour, 3 days per week, for a total of 8 weeks and/ or 24 sessions or 12 weeks and /or 36 sessions. Each session will be supervised by trained health professionals who will assess blood pressure, heart rate and electrocardiogram. Our goal is to help the person with cardiovascular disease maintain their highest level of cardiovascular health.

For more information contact: 601.553.6789

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