



Cardiac Rehabilitation

The Heart of the Matter

What is Cardiac Rehabilitation?

Broward Health Fitness Center offers a Cardiac Rehabilitation Program which encompasses a multidisciplinary approach to achieve an improved quality of life.

Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), the program includes:

- **Monitored Cardiovascular and strength training exercises**
- **Education to increase knowledge of heart disease**
- **Dietary consultation and counseling**
- **Behavioral Health**



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How Does the Program Work?

- Individualized exercise program
- Blood pressure, heart rate and heart rhythm monitored
- Thirty-six (36) sessions are recommended for optimal benefits.

Who Should Attend Cardiac Rehabilitation?

This includes patients diagnosed with the following:

- Coronary artery disease
- Angina
- Heart attack
- Congestive heart failure
- Angioplasty or stent placement
- Heart surgery (coronary artery bypass grafting, valve surgery)

How Will I Benefit from Cardiac Rehabilitation?

Benefits include:

- Decrease probability of repeated cardiovascular disease
- Education relating to the physical and emotional effects of heart disease
- Reduce heart disease symptoms
- Improved stamina and strength

How Do I Join the Program?

A referral and prescription to Broward Health Medical Center's Cardiac Rehabilitation Program from your cardiologist, primary care physician or another healthcare professional and insurance verification are required. Most insurance companies reimburse for cardiac rehabilitation. If you or a loved one is interested in our cardiac rehabilitation program and would like more information, please call **954.459.2042** or **954.355.5521**.



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