

Cardiac Rehabilitation

WHAT IS IT AND HOW DOES IT HELP YOUR HEART?

What is cardiac rehabilitation?

Cardiac rehabilitation (cardiac rehab) is an important program for anyone recovering after a heart attack or other heart problems.

It has three parts:

- Exercise: Practice how to get your body moving for your heart's health.
- Counseling: Gain skills to reduce your stress.
- Education: Learn more about how to stay healthy. For example, making heart healthy food choices or getting support to quit smoking.

What are the benefits of cardiac rehab?

Cardiac rehab can help you

- Recover well.
- Manage your health yourself (for example through nutrition, checking your blood pressure, and managing stress).
- Achieve more mobility.
- Keep up with your favorite activities.
- Have fewer symptoms.
- Live longer.

Parts of cardiac rehab



Cardiac rehab is a great opportunity—don't miss it!

- In every region of Minnesota, many people miss out on the benefits of cardiac rehab every year.
- Virtual cardiac rehab might be an option for you.
- Check in with your provider about whether you are eligible and register for a cardiac rehab program.

The bottom line...

Cardiac rehabilitation works.

If a doctor recommends cardiac rehab for you or a loved one, give it a try! It can help you find ways to enjoy and stay heart-healthy for life.

Minnesota Department of Health
Cardiovascular Health Unit
www.health.state.mn.us/diseases/cardiovascular/tools/cardiarehab.html
04/25/2023

To obtain this information in a different format, call:
651-201-5000