

Cardiac Rehab & Bridge to Wellness

Cardiac Rehab

Cardiac rehabilitation is a comprehensive program for persons with known heart disease such as heart attacks or stable angina, or who have undergone open heart surgery. The program is physician supervised, implemented by the rehabilitation team consisting of nurses, exercise physiologists, behavioral counselors, dietitians and vocational rehab counselors. The risk factor modification program combines exercise, education, counseling and behavioral intervention. It is designed for each participant to control cardiac symptoms, stabilize or reverse the disease process, and enhance quality of life.

Bridge to Wellness

A program for prevention and progression, the FirstHealth Bridge to Wellness provides participants with education and resources that allow them to understand the principles and importance of managing their fitness program based on individual fitness levels. Participants' health history, goals and preferences are incorporated in an individualized exercise prescription.

The program's interactive atmosphere exposes participants to safe and effective techniques for improving current levels of fitness through ongoing education, heart rate training, blood pressure monitoring and a variety of exercise activities. Participants will benefit from the guidance of our professional cardiac staff and learn the skills for healthy living in a supportive, encouraging and private atmosphere. Exercise sessions are supervised by nurses and exercise physiologists, and health education is tailored to participants' needs.



