

Nutrition classes

Discover easy and practical ways to eat a balanced diet to help:

- Lower cholesterol
- Lower blood pressure
- Achieve and maintain a healthy body weight



Classes are led by a registered Dietitian.

Stress Management classes

- Coping with stress
- Attitudes, beliefs, negative thinking
- Sleep and meditation
- Emotions and support systems
- Communication and conflict resolution

Discussions are led by an Occupational Therapist.

Does the program cost anything?

There is a cost to attend this medically monitored program.

The Richmond Healthy Heart team will be glad to introduce you to the program. Please phone us for a personal appointment.

What comes after the Healthy Heart Program?

Once you have finished the Healthy Heart Program, your next step is to keep exercising. There is the Heart Wellness Community Exercise Program available through the Richmond Fitness Association. Also, other community centre programs may meet your needs.

We are happy to refer you any of the community programs.



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Healthy Heart Cardiac Rehab Richmond

A program designed to enhance your heart health.

Garratt Wellness Centre

7504 Chelsea Place
Richmond, BC, V7C 3S9
Tel: 604-204-2007
Fax: 604-244-5454

Who is this program for?

This program is designed for people who have had:

- **A heart attack**
- **An angiogram/angioplasty**
- **Bypass surgery**
- **Valve problems**

You will also benefit from this program if you have a high risk of developing heart problems.

The team members are:

- Cardiologist
- Occupational Therapist
- Physiotherapist
- Registered Dietitian
- Registered Nurse

What will this program do for me?

We will help you to identify the risk factors related to heart problems. You will learn how to lead a heart healthy life by reducing risk factors.

What should I expect?

The Cardiac Rehabilitation Program is divided into three parts:

- Supervised Exercise Class
2 exercise sessions per week
- Nutrition Class
1 session per week
- Stress Management Class
1 session per week

Nutrition and Stress Management classes are offered alternately on the same days you attend the exercise classes.

Exercise classes

- Sixteen supervised and monitored exercise sessions.
- Each session is about 90 minutes.
- Exercise sessions include a warm-up, cool-down and relaxation period.
- Your choice of exercise equipment including stationary bikes, rowing machines and treadmills.
- Exercises can be modified to your individual needs.
- Heart rhythm, heart rate, and blood pressure are monitored.

A Registered Nurse and Physiotherapist are always in attendance while you exercise.

