

Cardiac Rehabilitation

Healthy Heart Program



Exercise and Education Classes



Life. Be in it.™

Your *partner* in *heart*
& *diabetes* health

What is Cardiac Rehabilitation?

Cardiac Rehabilitation involves education and physical activity to get people with heart conditions back into the community and improve your lifestyle, both safely and confidently. The program is run in three phases:

- 1) Inpatient program
- 2) Outpatient program - Healthy Heart Program
- 3) Maintenance program

Who is Cardiac Rehabilitation for?

You will benefit from cardiac rehabilitation if:

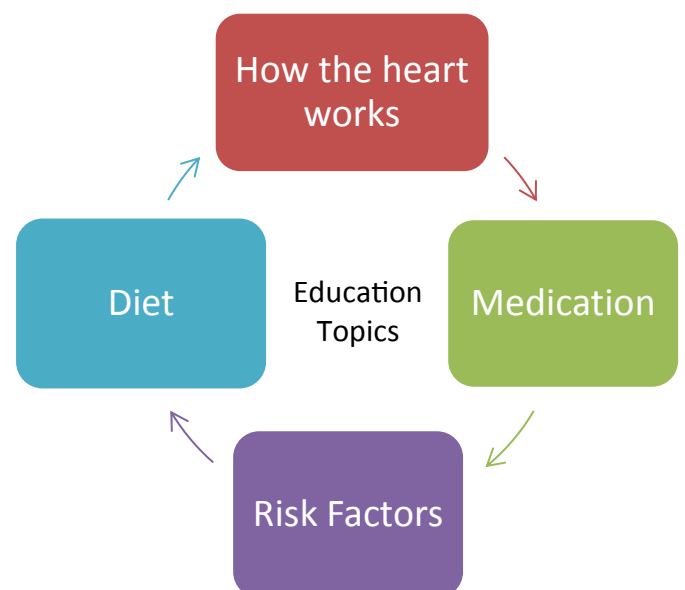
- you have suffered a heart attack
- you are recovering from heart surgery
- you have angina
- you have had angioplasty
- you have heart failure
- you have coronary artery disease
- you have any other cardiac condition



What is In the Healthy Heart Program?

The outpatient program is conducted by Healthy Living NT. It is a 4-week program with weekly 2-hour sessions. Each session consists of 1 hour of physical activity and 1 hour of education. Education topics are rotated weekly which makes it convenient for you to start the Healthy Heart Program at any stage.

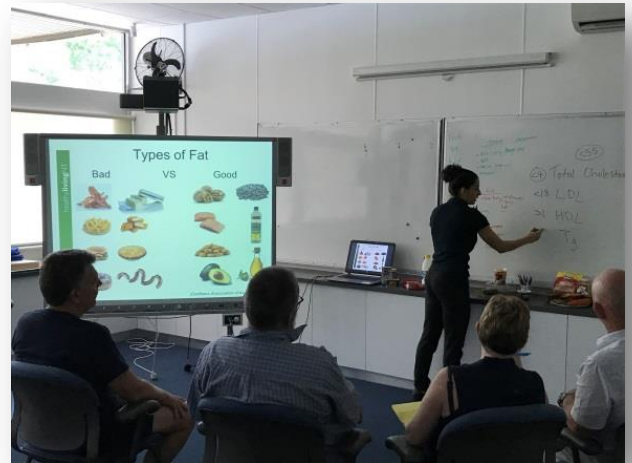
- Our education sessions are conducted by a qualified Cardiac Educator and Dietitian.
- The physical activity program is developed by an Exercise Physiologist for people who have recently experienced a cardiac event or surgery.
- You have to be cleared by a GP or Cardiologist to participate in the physical activity sessions.
- People with long-standing cardiac disease who do not require physical activity classes can come in just for the education sessions.



How Will I Benefit?

Being a part of our Cardiac Rehabilitation Program will help you in many ways

- it will help you recover faster
- it will help you improve your fitness and mobility
- it will increase your confidence and sense of well being
- it will get you back into the community faster



Get the Most Out of Life

The program is designed to be enjoyable. You are encouraged to bring along a partner, family or friend to the outpatient program and if you need an interpreter we can arrange one. The outpatient program is designed as a group session and is a great way to meet other people with heart conditions and start on the road to recovery together. Be sure to wear loose fitting clothing and supportive footwear.

How Much and Bookings

The great thing is it does not cost you a cent. That is right! It is FREE! Healthy Living NT is a community organisation and we offer most of our services for free.

To secure your place in the outpatient program, you can:

- Make a booking during your inpatient program
- Contact HLNT via phone or email
- Get your doctor to refer you to the Cardiac Rehabilitation Program

Healthy Heart Program Session times

	Darwin	Palmerston
Venue	Shop 1 & 2 Tiwi Place	Palmerston Health Precinct (Multipurpose Room)
Day	Thursdays	Fridays
Time	9.00am – 11.00am	1.30pm – 3.30pm

Website: www.healthylivingnt.org.au
For more information email:
hearhelp@healthylivingnt.org.au



**For an appointment
or enquiries, call
08 8927 8488**

**Jo Howard RN - Darwin Urban Cardiac Rehabilitation
Ebony Jones – Exercise Physiologist**

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