

Free Program

Cardiac Rehabilitation Healthy Heart Program

Cardiac rehab programs can promote recovery, strengthen the heart and save lives.



Lower the chance of another heart event by understanding your heart condition



Feel confident in returning to daily activities



Manage risk factors: blood pressure, stress, cholesterol, weight



Gain skills to manage your condition at home

The Healthy Heart Program is a **FREE** service for anyone who has recently been in hospital due to a heart related condition and is **tailored to individual needs**.



Eat Heart Healthy

Guidance from our dietitian on a heart healthy diet



Feel Emotionally supported

learn strategies to manage stress



Be more active

with supervised exercise and strength training



Understand Medication

Learn why you're taking them



Build Knowledge

Build an understanding of the heart and your condition



Identify Risk factors

Discover your risk factors relating to your heart

For more information
contact Healthy
Living NT today



healthylivingnt.org.au



08 8927 8488



hearthelp@healthylivingnt.org.au

