



## Take Control

*It's about having confidence in your physical condition and doing something for yourself.*

*It's about making a commitment to your body and your health. And no one can do that except you.*

## OUR LOCATIONS



# Marshall

Wellness Centers

### North Location

*(Marshall Medical Center North Campus)*

40 Medical Park Drive • Guntersville, AL 35976

**256.571.8857**

### South Location

*(Marshall Medical Center South Campus)*

2505 US Highway 431 • Boaz, AL 35957

**256-840-3348**

*All Marshall Medical facilities are located on tobacco-free campuses. Thank you for respecting the health of others.*



Visit us at [mmcenters.com](http://mmcenters.com)

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**CARDIAC REHAB**



## What is Cardiac Rehabilitation?

The Cardiac Rehabilitation Program is offered by the fitness staff of Marshall Wellness Centers. It is a support program which includes exercise, education and counseling designed to strengthen your heart and lungs and educate you about the risks of smoking, high blood pressure, high cholesterol, inactivity, excessive weight, stress, and heredity. The skilled professionals at Marshall Wellness Centers will teach you to manage these risk factors, show you how to take control of your life through exercise, and help return you to a full, active and healthy lifestyle.

## Do I need Cardiac Rehabilitation?

If your physician has diagnosed you as having a heart or lung condition, or you have experienced a heart attack or surgery, you could benefit from our Cardiac Rehabilitation Program. And remember, you are not alone. Roughly 43 million Americans have one or more forms of heart or blood vessel disease. You can greatly improve your condition, but you have to make a commitment to yourself and undergo some basic changes in your health habits. Begin living life again.



## Convenient, Comprehensive Facilities

Marshall Medical's Cardiac Rehabilitation Program is provided as part of the Marshall Wellness Centers services at free-standing buildings adjacent to the main hospitals. In addition to the Cardiac Rehab program, the facilities feature physical therapy, sports medicine, wellness classes, industrial screenings, speech therapy, massage therapy, and a full range of fitness memberships. You'll find state-of-the-art fitness equipment, a carpeted track, a 4-lane indoor lap pool, and a heated therapy pool, along with other equipment, programs, and services designed to help condition your heart and lungs. Professionally trained doctors, nurses, and staff monitor your progress to make sure your program continually meets your goals and objectives.

## Enrollment

Cardiac Rehabilitation at Marshall Wellness Centers is open to all patients with a physician's referral. The program accepts a broad range of insurance plans to make it available to everyone. Each program is individually designed to meet your cardiac therapy needs. To find out more about Marshall Medical Centers' Cardiac Rehabilitation Program, call us at the numbers shown on the back of this brochure.

# Three Steps to a Healthier Heart

## Step One: Evaluation

Your Cardiac Rehabilitation Program begins with an evaluation of your total body health and condition. Your evaluation, along with your doctor's recommendation, gives you and the staff a starting point so that together, you can set realistic goals for yourself and your program.

## Step Two: Exercise

The exercise element of the Cardiac Rehabilitation Program is divided into two stages; *Monitored Exercise and Supervised Exercise*.

**Monitored Cardiac Exercise:** Monitored Exercise classes include up to 36 sessions. Each participant's heart is constantly monitored by the Marshall Wellness Centers' staff; and exercise programs are progressed as you become stronger. If the staff notices that your heart rate gets too high or that you are experiencing any problems, the activity is stopped and the appropriate regimen changes are made. The full resources of Marshall Medical Centers are at hand should any need arise.

**Supervised Exercise:** Following your successful completion of the Monitored Exercise sessions, you may graduate to the Supervised Exercise stage. This second stage allows you to exercise without a heart monitor. The Supervised Exercise stage keeps you from losing ground following completion of the Monitored Exercise stage, and can last as long as you desire.

## Step Three: Education

The education element of the program goes hand-in-hand with the exercise program. Topics include life after a heart attack or heart surgery, healthy eating habits, stress control, cholesterol level control, medications and their effects, warning signs, and other topics which may concern you or other program members. The staff is always available for private consultation as part of our overall Cardiac Rehabilitation Program.

