



Scottsdale Healthcare Healthy Heart Exercise Program

A program of regular exercise can be as important to maintaining good health as diet, rest and avoidance of smoking. Exercise that improves cardiovascular conditioning, muscle tone and joint flexibility should be part of a regular routine to promote wellness.

Scottsdale Healthcare's Cardiac Rehab Center offers an exercise program designed for individuals with cardiac or pulmonary disease as well as other health related concerns. Each individual program is designed to achieve and maintain an optimal cardiopulmonary fitness level. Participants exercise two to six times a week in 55 minute sessions, and each participant works within his or her prescribed exercise limits.

Indoor, Year-Round Program

Each exercise session is led by trained staff members working under the direction of a cardiologist. Participants work out in an air-conditioned rehab gymnasium which includes treadmills, stair climbers, stationary bicycles, arm ergometers and other exercise equipment. The environment is especially conducive to a year-round, ongoing program.

Individually Tailored Exercise

Each participant follows an individualized exercise recommendation and monitors his/her responses to exercise. Each session ends with a cool-down period with stretching exercises designed to

improve joint flexibility and muscle tone. Class members record heart rates, weight and other pertinent information in a personal log book.

Progress Monitored

The participant's progress is reviewed periodically and the exercise prescription is updated to reflect current fitness levels. Blood pressures and electrocardiogram rhythm strips are recorded monthly. Telemetry monitoring is recorded at scheduled intervals to assess arrhythmias, re-evaluate risk factors and evaluate the cardiovascular response to the exercise recommendation. These reports are sent to the participant's physician. Participants with pulmonary disease receive ongoing breathing retraining and oxygen level monitoring. Education in appropriate disease management is provided for participants in both programs.

How to Enroll

To enroll in the program, written consent must be obtained from the participant's personal physician. A recent treadmill evaluation is also required and may be performed by a private physician or through Scottsdale Healthcare. Enrollment is limited for each class. Those entering the pulmonary program will need a walking evaluation (not a treadmill test) as a functional level assessment.

Please see reverse for schedule

Costs

One-time startup fee	\$ 20
3-6 days/week monthly	\$ 60
Six month fee (\$60 savings!)	\$ 300
2 days/week monthly	\$ 45
Six month fee (\$45 savings!)	\$ 225



Cardiac Rehab Center

9201 N. Mountain View Rd., Ste. 150
Scottsdale, AZ 85258

Hours

Monday - Thursday: 5:45 a.m. - 6 p.m.
Friday: 5:45 a.m. - 4:30 p.m.
Saturday: 5:45 a.m. - noon

Call 480-323-4600 today to learn how you can benefit from the Healthy Heart Exercise Program!