



## CARDIAC REHABILITATION

Cardiac rehabilitation is a progressive, supervised exercise program aimed at enhancing the wellness and quality of life for individuals with heart conditions, as well as aiding recovery post-heart attack or heart surgery.

Our program involves a thorough health and fitness evaluation followed by a tailored exercise regime to suit your diagnosis. All exercise sessions are supervised by Accredited Exercise Physiologists.

We collaborate with your Cardiac care team to enhance various aspects of your cardiac health including;

- optimising oxygen utilisation
- boosting exercise endurance and capacity
- enhancing the efficiency of your cardiac function
- addressing risk factors linked to cardiovascular disease
- offering educational support to promote consistent physical activity and effective exercise



### Location

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For more information please  
visit [exercisemedicine.org.au](http://exercisemedicine.org.au)

