

PEACH CARDIAC REHABILITATION PROGRAM INFORMATION FOR PARTICIPANTS

To attain the greatest benefit from the PEACH Program we request that you participate in the following:

- ♥ **Exercise Sessions** – individually prescribed exercise program
- ♥ **Cardiac Education** – Weekly education sessions
- ♥ **Individual Counselling** – private sessions with the dietician, social worker or other disciplines as the PEACH team recommends.
- ♥ **Movin' On Program** – to remain active

EXPECTATIONS

Attendance

- ♥ Regular participation in exercise and education sessions is essential to benefit from the program
- ♥ If you are unable to attend any sessions, please call 613-476-0400 ext. 275 and let us know
- ♥ Please arrive at least 5 minutes prior to exercise class start time

Exercise

- ♥ Please wear comfortable clothing and change into clean indoor running shoes when you arrive - you will get warm so dress appropriately
- ♥ Bring a hand towel and water bottle with a sports tip
- ♥ Do home exercise sessions at least once per week and record in your log book
- ♥ Record daily walks in your log book

Exercise Tips

- ♥ Eat a light snack do not have a full meal within one hour of exercise
- ♥ Avoid caffeinated beverages 2 hours before class (coffee, tea, some soft drinks)
- ♥ Avoid alcohol for 4 hours prior to class
- ♥ Individuals with diabetes should follow their regular diet and medication schedule and bring glucose monitor to each CR exercise session.
- ♥ When you arrive, and before exercising, inform the nurse or exercise therapist of
 - Any changes in your medication
 - New or increased symptoms of fatigue, dizziness, shortness of breath, chest pain or angina, irregular heartbeats or muscle or joint pain

REMEMBER THAT THE PEACH STAFF WANTS YOU TO SUCCEED AND WILL HELP YOU FOLLOW THROUGH!!

