



## **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. 2 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!!**