



UNC Rex Cardiac Rehabilitation

Welcome to Cardiac Rehabilitation

The purpose of this program is to help you achieve a higher level of fitness, decrease modifiable risk factors, improve nutritional habits and adapt a healthier lifestyle.

This program includes a combination of exercise training, education and coaching to help you recover and adopt healthier habits. The key messages are eating healthy, staying active, managing stress, quitting smoking and taking medications as directed.

Medical evidence suggests that regular aerobic exercise:

- Improves your heart health
- Decreases modifiable risk factors
- Improves collateral circulation
- Decreases risks of other cardiovascular events

Other potential benefits include:

- Weight management
- Decreased anxiety and depression
- Improved overall well being

Getting Started

- Complete an initial 90 minute consultation with a cardiac rehab therapist.
- You will be scheduled for monitored exercise sessions and receive access to education modules on various topics of heart health.
- Exercise sessions meet 2-3 times a week for a period of 8-12 weeks.
- ***Make a commitment*** to engage in a regular exercise routine, review online education sessions and videos.

Precautions

- Please talk with your health care provider prior to beginning an exercise program.
- You may need to avoid certain exercises or have other restrictions based on your health.
- For more information call our cardiac rehab team at 919-784-3078.

