

# GET A HEAD START

## ON YOUR PATH TO RECOVERY

**You've had a heart attack.** *Now what?*

Participating in a cardiac rehabilitation program is one of the best things you can do next.

Rehab programs are medically supervised to help you improve your health and well-being and change your lifestyle habits through exercise training, education and counseling to reduce stress.

**Cardiac rehab** helps patients:



Eat better



Return to work & better engage in daily activities



Lose weight



Reduce their risk of having another heart attack



life is why™



If you recently experienced a heart attack, ask your doctor for a referral to a **cardiac rehabilitation program** near you.

CLINIC NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ WEBSITE: \_\_\_\_\_

CLINIC NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ WEBSITE: \_\_\_\_\_

For information and resources, visit [Heart.org/CardiacRehab](https://www.heart.org/CardiacRehab).