Cardiac Rehabilitation

Healthy Heart Program

Exercise and Education Classes

Your *partner* in *heart* & *diabetes* health

What is Cardiac Rehabilitation?

Cardiac Rehabilitation involves education and physical activity to get people with heart conditions back into the community and improve your lifestyle, both safely and confidently. The program is run in three phases, the inpatient program, the outpatient program called the Healthy Heart Program and a maintenance program.

Who is Cardiac Rehabilitation for?

You will benefit from cardiac rehabilitation if
- you have suffered a heart attack
- you are recovering from heart surgery
- you have angina
- you have had angioplasty
- you have heart failure
- you have coronary artery disease
- you have any other cardiac condition

What is In the Healthy Heart Program?

The outpatient program consists of weekly visits to Healthy Living NT at either Tiwi shops or Palmerston Health Precinct for physical activity and education sessions. These last for 1 hour each for a total of 2 hours and will go for 4 weeks. Anyone referred can come at any stage of the 4 week program. The Cardiac Educator and Dietitian run the education sessions.

The physical activity program has been developed by an Exercise Physiologist and is designed for people who have just experienced a cardiac event or surgery. People with long standing cardiac disease who do not require physical activity classes can go into the education sessions, as the physical activity program is targeted specifically for initial exercise post cardiac event. Information about other community exercise programs is available.

How Will I Benefit?

Being a part of our Cardiac Rehabilitation Program will help you in many ways
- it will help you recover faster
- it will help you improve your fitness and mobility
- it will increase your confidence and sense of well being
- it will get you back into the community faster

Get the Most Out Of Life

The program is designed to be enjoyable. You are encouraged to bring along a partner, family or friend to the outpatient program and if you need an interpreter we can arrange one. The outpatient program is designed as a group session and is a great way to meet other people with heart conditions and start on the road to recovery together.
Be sure to wear loose fitting clothing and supportive footwear.

How Much and Bookings

The great thing is it does not cost you a cent. Healthy Living NT is a community organisation. To secure your place in the outpatient program, bookings can be made during the inpatient program, or you can talk to your doctor to be referred to the Cardiac Rehabilitation Program.

Healthy Heart Program Session times

- **Darwin: Shop 1 and 2 Tiwi office,**
    9 -11am, Thursdays

- **Palmerston: Palmerston Health Precinct (Multipurpose room),**
    1:30 - 3:30 pm , Fridays

For an Appointment please call HLNT Darwin on **08 8927 8488.**

healthy**living**NT

Your partner in heart
& diabetes health

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For an appointment call
08 8927 8488