Cardiac Rehabilitation

Cardiac rehabilitation is a program of exercise, education and counseling that will help you to make heart healthy living a part of your everyday life. Before you leave the hospital, please make sure you have information or an appointment with Cardiac Rehabilitation.

More information can be found on the Heart Institute website in the “For Patients & Family” section. For any questions about cardiac rehabilitation, please call 613-761-4572.

Keep track of your recovery and activity in the Personal Health and Activity Log on the next few pages. It will help both you and your health care team see how much you have improved.

Personal Health and Activity Log						
Date	**Morning Exercises (see p. 29): ✓ when completed**	**Minutes recommended per walk**	**Walking Log (minutes) a.m. / p.m.**		**Calf Stretch: ✓ when completed**	**Comments or Problems**
Day you go home	**Rest Today**					
	e.g. ✓	none	-----	-----	none	
	e.g. ✓	minutes			e.g. ✓	
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Personal Health and Activity Log						
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