



## **HEALTHY HEART PROGRAM**

Our “Healthy Heart” Program is a structured preventative and / or rehabilitation exercise program. The program is designed for individuals recovering from a heart attack, heart surgery, or those prone to cardiac disease. Those prone to cardiac disease may fall into one or more of the following categories:

- High cholesterol and / or high triglycerides
- Hypertension
- Diabetes Mellitus
- Strong family history of coronary heart disease
- Cigarette smokers
- Obese individual



Our program is specifically designed to lower risk of heart attack, improve general level of fitness, and promote overall health and well-being. Included are individual exercise prescriptions based on the participant’s prior medical evaluation and progress in the supervised exercise sessions.

We offer a versatile, mainstream exercise program in a pleasant, safe, and supportive atmosphere and recommend that participants exercise at least three days per week in our supervised exercise sessions.

The group exercise sessions include multi-station aerobic exercises in our outpatient rehabilitation facility. These sessions are supervised by a certified Exercise Physiologist specially trained to work in cardiac exercise and prevention. Although participants will be exercising with many others who share similar needs, the program will be specifically designed for each individual.



**Fee:** \$50 per month

**Exercise Session Schedule:**  
Monday, Wednesday, and Thursday  
8:00 am – 12:00 pm

**Leechburg**  
1001 South Leechburg Hill Road  
Leechburg, PA 15656

**724-845-2048**