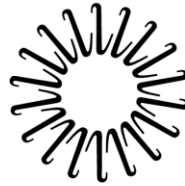


Long-term Exercise



Lifespan Cardiovascular Institute

Rhode Island Hospital • The Miriam Hospital
Newport Hospital

Delivering health with care.®

The Center for Cardiac Fitness
Cardiac Rehab Program
The Miriam Hospital



Objectives

- Identify long-term (LT) exercise options at the conclusion of your 12-wk CR program
- Recognize specific considerations of each LT option
- Identify three characteristics of LT compliance

Did You Know.....?



- You will lose all the benefits you have gained with exercise if you stop exercising for just 3 weeks



INVESTIGATE OPTIONS

- Home equipment
- Health club/YMCAs
- Maintenance Programs





HOME EXERCISE EQUIPMENT

- Know what you like
- Analyze your space
- Consider how many people in your household will be using it
- Try before you buy
- Expect to pay for quality, however, don't pay for bells & whistles you don't need
- Buy from a reputable manufacturer & retailer



HEALTH CLUB/YMCAs

- Visit at the time you will be exercising
- Check credentials of staff (minimum CPR certified)
- Don't get locked into a contract
- Are you comfortable with the clientele?
- Facility, showers, locker rooms clean?
- Is the equipment available appropriate for your fitness level?



MAINTENANCE PROGRAMS

- Medically supervised
- Highly qualified and educated staff
- Educational opportunities
- Several programs throughout RI and MA



Research Studies

- Periodically, Miriam Hospital researchers receive funding to conduct studies to learn more about cardiac health.
- Some benefits of participating in research are you can possibly improve your health and contribute to science and the well-being of patients like you.
- Currently underway in Cardiac Rehab:
 - Studies designed to help graduates of Phase II to maintain exercise and cardiac health.
 - Open to all graduates of Phase II.
 - Receive health related information and support – free of charge.
- Watch for information about these and other studies from your case manager.



COMPLIANCE

- **Three keys to maintaining an exercise program**

- **PLANNING**

- **CONVENIENCE**

- **ENJOYMENT**

