



Community Resources

Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

Topic Summary: Community Resources

Each day is a chance to make choices that support your journey to better health. Relapse from a healthy habit to an unhealthy habit is common. The good news is that there are many ways to get back on track. Learn about the community resources that can help you maintain your healthy habits.

Learning goals

Explore the learning resources to learn:

- How to prepare for a relapse and get back on track
- How to access programs for graduates of the UHN cardiac rehab programs
- What to look for in a community exercise facility

Learning Resources

- THRiVE: [Choose Health Everyday](#)
- Website: [Relapse Planning](#)
- Webinar: [Barriers to Behaviour Change](#)
- YouTube: [Cardiac Rehab Alumni Channel](#)
- Patient Guide: [Setting Goals for a Healthy Heart](#)

Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)
- [Heart Wise Exercise](#)

Key points:

- ◆ Once you graduate from a UHN cardiac rehab program, ask your cardiac rehab supervisor how to join Heart Health for Life. This program gives you access to programs, services, and resources to help maintain your healthy habits.
- ◆ Heart Wise Exercise helps identify programs that are safer for people living with heart disease. Look for Heart Wise Exercise [locations](#) in your community.