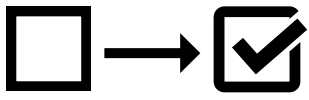




Track Your Progress: Your Cardiac Rehab Program Passport





Track your progress through the program.
Check each box when you complete a session.

Welcome to the Program!












 Your orientation session and exercise trial is on:

 Your **first exercise class** is on:


 Your **last exercise class** is on:


 Your **last exercise test** is on:


Each box shows one topic that will be discussed during your scheduled exercise classes. Some topics may be discussed more than one time. Check your schedule for the order of topics.

	Aerobic Exercise and Exercise Progression	<input type="checkbox"/>		Goal Setting	<input type="checkbox"/>
	Resistance Training	<input type="checkbox"/>		Psychosocial	<input type="checkbox"/>
	Exercise in Hot and Cold Weather	<input type="checkbox"/>		Nutrition	<input type="checkbox"/>
	Heart Medicines	<input type="checkbox"/>		Relapse Planning	<input type="checkbox"/>
	How Your Heart Works	<input type="checkbox"/>		Community Resources	<input type="checkbox"/>
	Risk Factors	<input type="checkbox"/>			

Schedule the 3 sessions listed below at the Rumsey front desk or by calling 416-597-3422 extension 5200.

 Psychosocial Orientation

 Nutrition Workshop Reading Food Labels (Part 1 and 2)

 Nutrition Workshop Heart Healthy Eating

Your cardiac rehab team may suggest other workshops for you to attend as well. Learn about these workshops on the back of this page.

Workshops



Your cardiac rehab program includes access to nutrition and psychosocial workshops led by registered healthcare professionals. A short description of each workshop is below.

All patients will attend these 3 workshops as part of your program. Turn this page over for instructions on how to schedule these.

» Psychosocial Orientation

After a health event, it is common to not feel like your usual self, to experience anxiety or panic, have trouble sleeping, or feel more irritable. Learn how the psychosocial team at cardiac rehab (including social workers and psychologists) can support you in your recovery.

» Reading Food Labels

Learn how to use the nutrition information on food labels to make healthy choices. This workshop includes 2 parts scheduled on 2 different days.

» Heart Healthy Eating

Learn about the basics of heart healthy eating. Ask a registered dietitian your nutrition questions.

Your cardiac rehab team may suggest that you attend one or more of the workshops below. Ask your cardiac rehab supervisor how to register for these free sessions.

» Eating Well to Manage Sodium and Blood Pressure

Learn how to use nutrition information to lower your blood pressure with food.

» Meal Planning

Learn how to meal plan to save money and improve your food choices.

» Diabetes: Eating Well to Manage Your Blood Sugar

Learn how to use nutrition information to manage your blood sugar.

» Improving Sleep Patterns

Disruptions in sleep can increase the chance that your heart disease or major health challenge will get worse. Learn about the signs of disturbed sleep and a more serious condition called sleep apnea. Find out what you can do to sleep well and lower your risk for future health events.

» Stress Management Training

Learn strategies to help manage stress and lower your risk for future heart events and other health events.

Individual Counselling

Some patients may benefit from one-on-one counselling with a dietitian, social worker, or psychologist. Talk to your cardiac rehab supervisor to see if this is the best option for you.