After Cardiac Rehab – What’s Next?

Congratulations if you have completed Phase 2 Cardiac Rehab!

Your cardiac rehab staff will review you exit exercise test and offer guidelines for you about exercise. Your case manager will send a summary letter to you and your doctor.

The exercise habits you have developed will only help you if you continue with exercise after you have finished Cardiac Rehab.

What barriers will I have to face?

Once you finish your rehab program and you “don’t have to go”, how will you motivate yourself to exercise?

• **Look at the benefits you have gained with exercise.** Your heart is stronger. You have better range of motion. You are able to do physical activity outside rehab. Blood pressure readings, cholesterol levels and blood sugar readings are better. You feel less tired and less stress.

• **Make an exercise appointment with yourself and tell your family and friends how important it is to you.**

• Don’t have time? Aim for 30 minutes of aerobic activity 5 times each week.
• If you don’t think you can exercise at home, join a gym! Is the location convenient? Is it open during the times you want to exercise? What is the staff like and are they professional?

**Fitness membership at the OSU Center for Wellness and Prevention**

Memberships are available for 1 month, 3 months, and 1 year. If you are an OSU employee, you will receive a discounted rate and you can have your membership fees paid through payroll deduction. Classes are available for Cardiac Rehab, Pulmonary Rehab, and Weight Management. Fitness programs are offered for warm water group exercises, yoga, group fitness classes, and more.

Ask at the front desk if you would like more information or to sign up for classes or membership.

- **Talk to your doctor or others on your health care team if you have questions.** You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.