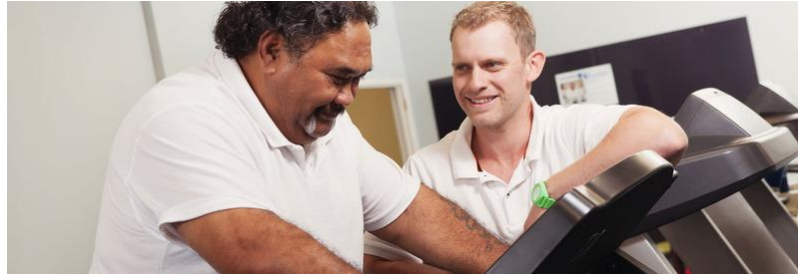


# 12 WEEK CARDIAC PROGRAMME



The Cardiac exercise programme is a supervised and monitored exercise programme designed to provide comprehensive care to people who have been diagnosed with a cardiac condition.

The Cardiac exercise programme is designed to:

- ✓ provide safe individualised and supervised exercise
- ✓ Provide client, family and social support
- ✓ Increase exercise capacity
- ✓ Promote lifestyle changes, including nutrition, weight loss and stress management
- ✓ Improve overall health and manage the symptoms of heart disease

Clients with any of the following conditions may be suitable for this programme:

- ✓ Angina (chest pain)
- ✓ Myocardial infarction (heart attack)
- ✓ Cardiovascular surgery (bypass or valve replacements)
- ✓ Coronary artery disease
- ✓ Coronary angioplasty (stent placement)
- ✓ Stroke

All clients will have to provide medical clearance from their general practitioner and it is recommended detailed medical records are provided.

All clients will undergo a full assessment involving the completion of a health questionnaire, sub maximal cycle exercise test and other functional tests as required.

The results obtained from testing will assist the Exercise Physiologists to design an individualised exercise programme to the client's needs and health status. During each session clients will be monitored with heart rate, blood pressure and oxygen saturation taken pre, during and after exercise.

This ensures clients are safe to undertake their exercise programme and exercise within recommended levels and individual limitations.

All clients will also be provided with an individualised exercise programme that they can perform independently outside of the Cardiac Exercise Programme.

# TIMETABLE

Clinic Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am-11.00am	Cardiac Clinic		Open Clinic		Open Clinic	
1.00pm-3.00pm	Open Clinic	Open Clinic		Open Clinic		
5.00pm-7.00pm			Open Clinic			

Participants are advised to attend the clinic specific to their condition and can attend any of the open clinics throughout the week.  
Each clinic is limited to 10 participants.

## 12 WEEK PRO

### 12 Week Exercise Programme Packages

Bronze:	Silver:	Gold:
\$12.00 Weekly	\$25.00 Weekly	\$55.00 Weekly
\$144.00 Full Cost	\$300.00 Full Cost	\$660.00 Full Cost
<ul style="list-style-type: none"> <li>1 supervised clinic per week</li> <li>Unlimited gym access</li> <li>Basic pre-screen assessment</li> <li>Tailored Exercise programme</li> </ul>	<ul style="list-style-type: none"> <li>2 supervised clinics per week</li> <li>Unlimited gym access</li> <li>Comprehensive physical assessment</li> <li>Basic post programme progress report</li> </ul>	<ul style="list-style-type: none"> <li>Unlimited supervised clinics</li> <li>Unlimited gym access</li> <li>Advanced physical assessment</li> <li>Fitness Testing</li> <li>Detailed post programme progress report</li> </ul>

#### What some of our Participants have said:

- "I have really enjoyed the supervision and comfortable feeling of the facility"
- "I feel safe exercising here and the support from staff and even other gym members is amazing"
- "Completing this programme has changed my outlook on life"

#### The results speak for themselves!

These are some actual results from participants attending this cardiac programme:

- Aerobic fitness increased by 66%
- Weight loss of 13 Kg in 12 Weeks
- Lowered resting heart rate by 18%
- Lowered Blood pressure by 13%

Results may vary between individuals

## Call us for a free consultation

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P 07 975 0005  
E hocking street@switchedon.org.nz  
facebook.com/switchedonorg

#### Hours

Monday - Friday  
7am - 7pm

Saturday 8am - 12pm

