



GREATER LANSING

R.E. Olds Anderson Cardiac Rehabilitation

PROGRAM GUIDELINES

1. Please arrive at Cardiac Rehabilitation **no earlier than 10 minutes** before your scheduled time.
2. Plan to be at Cardiac Rehabilitation approximately 1 hour when you exercise which includes a 5-10 minute warm-up and cool-down.
3. Please call and cancel your appointment if you are unable to attend your exercise session. If scheduling permits, accommodations will be made for individuals.
4. Please eat a light meal 1-1 ½ hour before you exercise. This is especially important if you have worked all night and have an early AM session.
5. Proper clothing and footwear are recommended during exercise:
 - Rubber soled shoes with laces or velcro
 - Comfortable pants or shorts
 - Breathable cotton or cotton blend fabrics (no nylon, polyester or acetate)
6. If prescribed, **always** carry your nitroglycerin with you.
7. During exercise sessions, **please notify us immediately** if you are having any cardiac symptoms: chest pain, pressure, dizziness, or shortness of breath. If symptoms are noted at home, please notify your physician or call 911.
8. **Before** initiating exercise outside of cardiac rehab, **please discuss** it with the staff.
9. Take your medicine before you come to exercise. It is important to **notify us** prior to exercise if you have forgotten any medication doses.
10. Inform the staff of **any change** in medications or tests ordered by your physician. This may include: stress tests, Thallium or Cardiolyte test, etc...
11. Smoking and the use of any caffeine products may stimulate your heart to beat faster and raise your blood pressure. We recommend that you **DO NOT SMOKE AND DO NOT USE CAFFEINE.**
12. To obtain **maximum benefit** from Cardiac Rehabilitation, you should commit yourself to exercising **3 times a week.**