

Phase III – Hearts Plus Supervised Exercise

This phase accommodates patients at risk for heart disease along with graduates from the previous two stages. The program is appropriate for people who have had:

- Angina
- Angioplasty
- A stent
- Cardiomyopathy
- Congestive heart failure
- Heart attack
- Heart rhythm concerns
- Heart surgery

It is also appropriate for people at risk of having heart concerns due to:

- Current or past smoking
- Diabetes
- High blood pressure
- High cholesterol
- Obesity

Individuals participate in exercise designed specifically for their own fitness and individual physical limitations. Participants also receive continued support for lifestyle changes to avoid future heart problems. While most people attend two to three times per week, options also include once monthly or weekly.

Locations

MeritCare Broadway Health Center Phase II and Hearts Plus

737 Broadway – Ground Floor

MeritCare Southpointe Hearts Plus and Diabetes Exercise

2400 32nd Avenue South – Second Floor

MeritCare Southpointe also offers group exercise classes on Monday, Wednesday and Friday mornings as well as group education on Wednesday mornings.

Contact Us

MeritCare Cardiac Rehabilitation

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MeritCare
Heart Center

heart.meritcare.com

Heart of Healing



Cardiac Rehabilitation

Exercise for your heart



MeritCare
Heart Center



Heart of Healing

After a diagnosis of a heart concern, patients often need a time and place to learn how to take care of their heart. **MeritCare Cardiac Rehabilitation** is just the place, where patients exercise together with professionals who know heart care. They learn together with experts in heart care who can help them reduce the risk of future heart problems.

Exercise for your heart

Cardiac Rehabilitation is a supervised program that includes exercise therapy, lifestyle changes, education and emotional support for people who have had a heart attack, bypass surgery or have other heart problems. Exercise physiologists and nurses who specialize in cardiac rehab supervise these programs. Each element of the program is individually designed to improve your quality of life. The ultimate goal is for you to develop and maintain the best possible physical and emotional condition for your body.

Unfortunately, many older adults, women and minorities do not try Cardiac Rehabilitation, or they often do not follow through with the programs. Ask your doctor whether Cardiac Rehabilitation is right for you.

Benefits of Cardiac Rehabilitation

People who participate in Cardiac Rehabilitation after a heart attack, angioplasty or heart surgery can reduce their risk of additional heart attacks and other heart problems. Cardiac Rehabilitation

can also be beneficial if you have ongoing heart problems. If you do not have current heart problems, but are at risk for heart disease, Cardiac Rehabilitation can help to reduce the risk of future problems.

Cardiac Rehabilitation can also help you improve the quality of your life through:

- Better physical health
- Weight loss
- Increased self-esteem and sense of optimism
- Decreased depression, stress and anxiety

Our Program

Our program is aimed at reducing risk factors for coronary heart disease and includes:

- A medical evaluation
- A supervised exercise program that involves aerobic workouts and resistance training
- Tips on how to reduce the risk factors of heart problems
- Stress management programs and counseling for depression
- Nutritional classes

Our Team

Patient care involves teamwork. MeritCare's team consists of medical professionals as well as the patient's family members. MeritCare has some of the area's finest medical professionals:

- Doctors
- Nurses

- Dietitians
- Pharmacists
- Social Workers
- Exercise Physiologists
- Clinical Psychologists
- Respiratory Therapists

Phases of Cardiac Rehabilitation Phase I – Inpatient Care

Patients who have had a heart attack, heart surgery or other cardiac condition are evaluated on their ability to tolerate activity. Patients and their families are instructed in appropriate exercises and activities to continue when they return home.

Phase II – Early Outpatient Monitored Exercise

Beginning about 10 days after hospital discharge, heart patients begin a progressive activity and education program at MeritCare Broadway Health Center. An individualized exercise program is designed for each patient. Personalized risk factors are also assessed and a plan to reduce cardiac risk is developed with the patient and family. Each visit includes exercise and education on how to manage heart disease. This phase lasts four to twelve weeks

and participants attend two to three times per week.

