Long-term Exercise

Lifespan Cardiovascular Institute
Rhode Island Hospital • The Miriam Hospital
Newport Hospital

Delivering health with care.

The Center for Cardiac Fitness
Cardiac Rehab Program
The Miriam Hospital
Objectives

- Identify long-term (LT) exercise options at the conclusion of your 12-wk CR program
- Recognize specific considerations of each LT option
- Identify three characteristics of LT compliance
Did You Know.......?

- You will lose all the benefits you have gained with exercise if you stop exercising for just 3 weeks.
INVESTIGATE OPTIONS

- Home equipment
- Health club/YMCAs
- Maintenance Programs
HOME EXERCISE EQUIPMENT

- Know what you like
- Analyze your space
- Consider how many people in your household will be using it
- Try before you buy
- Expect to pay for quality, however, don’t pay for bells & whistles you don’t need
- Buy from a reputable manufacturer & retailer
HEALTH CLUB/YMCA:

- Visit at the time you will be exercising
- Check credentials of staff (minimum CPR certified)
- Don’t get locked into a contract
- Are you comfortable with the clientele?
- Facility, showers, locker rooms clean?
- Is the equipment available appropriate for your fitness level?
MAINTENANCE PROGRAMS

- Medically supervised
- Highly qualified and educated staff
- Educational opportunities
- Several programs throughout RI and MA
Periodically, Miriam Hospital researchers receive funding to conduct studies to learn more about cardiac health.

Some benefits of participating in research are you can possibly improve your health and contribute to science and the well-being of patients like you.

Currently underway in Cardiac Rehab:
- Studies designed to help graduates of Phase II to maintain exercise and cardiac health.
- Open to all graduates of Phase II.
- Receive health related information and support – free of charge.

Watch for information about these and other studies from your case manager.
COMPLIANCE

- Three keys to maintaining an exercise program
  - PLANNING
  - CONVENIENCE
  - ENJOYMENT