

Exercise.

It's more than just a physical workout.

There are many reasons to start an exercise program. Exercise boosts your energy level, makes you feel more alert and helps manage high blood pressure, weight, cholesterol, and diabetes. Perhaps most importantly, physical activity can help your heart and lungs work more effectively.

Due to your current health and potential benefits of physical fitness, your doctor has recommended that you begin an exercise program. Our job is to get you started and to provide encouragement and support along the way. Our friendly and knowledgeable staff of nurses, registered respiratory therapists and fitness professionals are here to help. Our goal is to provide you with the knowledge and motivation you need, not only to begin an exercise program, but also to continue to exercise on your own after your rehabilitation sessions are complete.



Cardiac and Pulmonary Rehab

...more than just a physical workout

 **BUCYRUS**
COMMUNITY HOSPITAL
AVITA HEALTH SYSTEM
629 N. Sandusky Avenue
Bucyrus, Ohio 44820
419-563-9317
www.bchonline.org

 **BUCYRUS**
COMMUNITY HOSPITAL
AVITA HEALTH SYSTEM

OUR PROGRAM

419-563-9317



CARDIAC REHABILITATION

Our cardiac program uses exercise and education to help you recover from a heart condition and to make lifestyle changes in order to prevent or decrease further cardiac episodes. You'll receive education on medications, diet, depression, diabetic counseling, lifestyle modifications, risk factors, stress management, and other important health issues.

PHASE II

Phase II establishes an exercise program tailored to fit your needs and offers continued education. A cardiac monitor is used during activities and your blood pressure is taken before and after sessions and as needed. Education is provided on positive lifestyle modifications. A monthly report is sent to both your primary care physician and cardiologist. The program last 12 to 18 weeks or 36 sessions, meeting on Monday through Friday with flexible hours.

PHASE III

Designed for graduates of Phase II, this program allows you to continue exercising at our Rehab Center. Nurses are available to answer questions, check blood pressure and assist you. An emphasis is placed on establishing confidence and independence with physical activities. After all, our goal is for you to continue to exercise regularly. Fees are paid monthly and are very affordable: \$4.00/session or \$30.00/month.

PULMONARY REHABILITATION

Pulmonary Rehab is designed for those who suffer from emphysema, asthma or other chronic lung diseases. While these conditions can be limiting and difficult, exercise may help patients live richer and fuller lives. Pulmonary rehabilitation can help reduce hospitalizations and lessen respiratory symptoms, as well as increase self confidence and your ability to cope with chronic lung disease.

PHASE I

As a patient of the hospital you will be instructed on breathing techniques with an emphasis placed on performing daily tasks.

PHASE II

A program of exercise and education is developed. Your heart, blood pressure and blood oxygen levels are carefully monitored and evaluated before, during and after exercise sessions and as needed. The program lasts 8 to 10 weeks or 24 sessions, meeting Monday through Friday.

PHASE III

Just as in our Phase III Cardiac Rehab, this program is designed as a continuation of Phase II. You simply pay a monthly fee and continue to use our facilities with access to our staff for questions and help.

Our classes are specifically tailored to fit each participant's needs. Sessions are kept small so that everyone is able to receive close supervision and personal attention. Registered nurses are always available to answer questions and help you stay on the right track.

To take part in the Cardiac/Pulmonary Rehab program, you will need a referral from your physician.