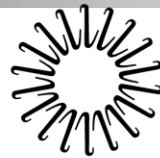




# Long-term Exercise

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## **Lifespan Cardiovascular Institute**

**Rhode Island Hospital • The Miriam Hospital  
Newport Hospital**

*Delivering health with care.®*

Center for Cardiac Fitness  
Pulmonary Rehab Program  
The Miriam Hospital



# Objectives

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- 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.....?

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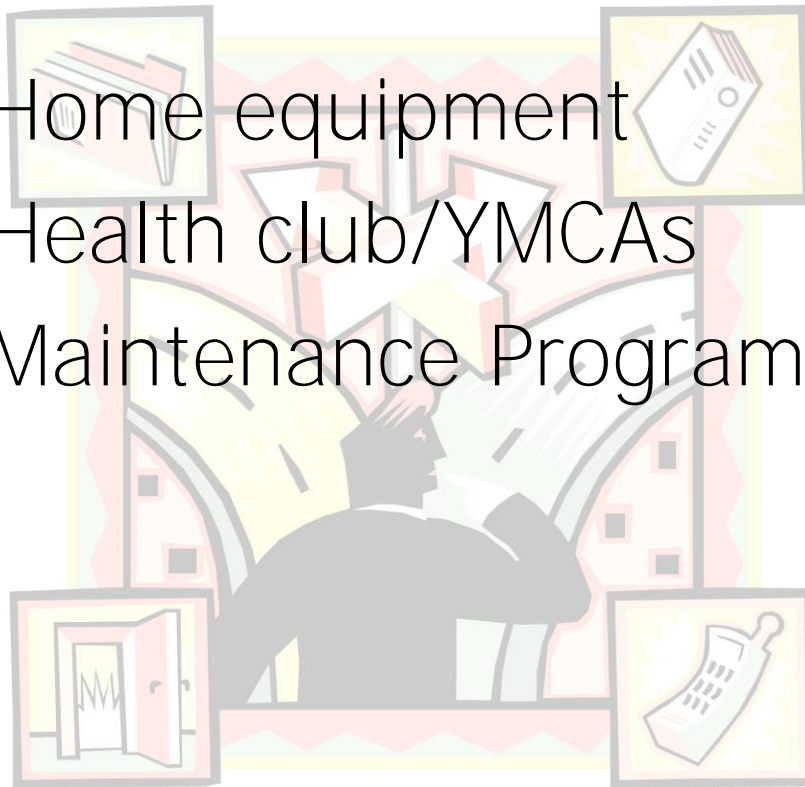
- You will lose all the benefits you have gained with exercise if you stop exercising for just 3 weeks



# INVESTIGATE OPTIONS

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- Home equipment
- Health club/YMCAs
- Maintenance Programs





# HOME EXERCISE EQUIPMENT

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- 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/YMCAs

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- 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

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- Medically supervised
- Highly qualified and educated staff
- Educational opportunities
- Several programs throughout RI and MA



# Research Studies

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- 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

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- **Three keys to maintaining an exercise program**

- **PLANNING**

- **CONVENIENCE**

- **ENJOYMENT**

