

GET BACK TO LIVING **ON YOUR TERMS.**



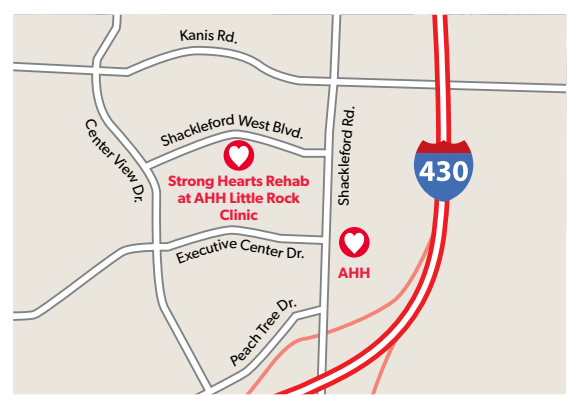
After heart surgery, the Strong Hearts Rehabilitation Center at Arkansas Heart Hospital can help you regain strength and confidence for day-to-day living. You don't have to be sick to come here. You don't even have to be one of our patients. The Strong Hearts program is focused on empowering and educating all individuals with cardiac disease, encouraging a healthy lifestyle and reducing the risk factors of another event. Learn more today.

HIGHLIGHTS

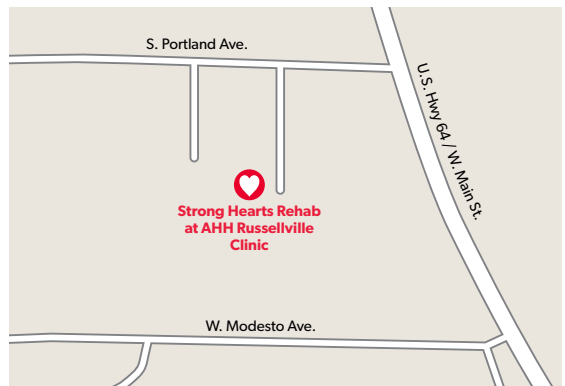
- Personalized program of exercise, nutrition, food prep, medication management and mental health
- Covered by most insurances
- Team includes registered dietitians, clinical exercise physiologists, RNs, mental health professionals & chefs
- Caregivers can work out with you at no additional cost
- The only intensive cardiac rehab in Central Arkansas

OUR PROGRAM WILL HELP YOU

- Improve circulation & energy
- Improve blood sugar control
- Decrease cholesterol & triglycerides
- Decrease body fat
- Improve endurance & strength
- Decrease inflammation
- Improve blood pressure



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RUSSELLVILLE | 209 S. Portland Ave.
Phone (479) 317-7010 | Fax (479) 498-0321

HOW TO PREPARE FOR YOUR EVALUATION & WHAT TO EXPECT

- Plan to be here 2 hours
- Bring list of current medications
- Bring labs if done within the last 3 months of initial evaluation appointment
- Wear closed toe shoes
- Thorough review of medical information
- Introduction with Registered Dietitian

FOR BEST RESULTS WE RECOMMEND

- 2-3 days a week
- Sessions are typically 2 hours (1 hour of education and 1 hour of monitored exercise)
- You should complete the entire program in 3-4 months (12-18 weeks)