

EXERCISE IS OUR MEDICINE



Strong Hearts Rehabilitation Center at Arkansas Heart Hospital is the largest and one of the only intensive cardiac and pulmonary rehab programs in the state. The Strong Hearts program offers patients a comprehensive lifestyle change opportunity to achieve optimal recovery, improve quality of life and decrease the chance of having another event or procedure. Strong Hearts is a Pritikin-certified Intensive Cardiac Rehab Program and is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). The tailored, personalized program works with patients' health goals as well as physical needs and limitations. Features include:

State-of-the-art fitness facility and culinary kitchen | Lifetime gym membership after program completion | No additional cost for caregivers to participate | Virtual program available with tablet provided at no cost

OUR PROGRAM HELPS PATIENTS:

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

PATIENTS MAY QUALIFY AFTER EXPERIENCING:

- Acute myocardial infarction (in last 12 months)
- Coronary artery bypass surgery
- PTCA or stenting procedure
- Other cardiac procedures
- Current stable angina pectoris
- Heart or lung transplant
- Heart valve repair or replacement
- Congestive heart failure
- Peripheral artery disease
- COPD
- Covid-19

OUR LOCATIONS

Little Rock | 7 Shackelford West Blvd.
Phone: (501) 978-3780
Fax: (501) 687-6880

Bryant (Encore) | 1901 Encore Way
Phone: (501) 213-4449

Conway | 650 United Drive, Suite 100
Phone: (501) 504-6276

Russellville | 209 S. Portland Ave.
Phone: (479) 317-7010

Texarkana Coming soon!

Home-based, virtual programming is also available.



FOR MORE INFO ON STRONG HEARTS REHABILITATION CENTER, SCAN THIS QR CODE OR VISIT ARHEART.COM.

ARKANSAS HEART HOSPITAL®