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Cardiac rehabilitation can improve your cardiovascular fitness through physical activity. Your health care team will likely suggest low impact activities that have a lower risk of injury, such as walking,

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cycling, rowing, jogging and other activities. You'll usually exercise at least three times a week.

Cardiac rehabilitation - Mayo Clinic

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Leads inpatient and outpatient exercise sessions while formulating and maintaining exercise guidelines for individual patients Conducts exercise sessions including leadership, direction for proper biomechanics, and creativity Ability to develop educational materials and educate patients Knowledge of body composition methods and cardiac monitoring

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Overview. Cardiac rehab involves adopting heart-healthy lifestyle changes to address risk factors

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for cardiovascular disease. To help you adopt lifestyle changes, this program includes exercise training, education on heart-healthy living, and counseling to reduce stress and help you return to an active life.

Cardiac Rehabilitation | NHLBI, NIH

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