



Cardiac rehabilitation – Heartsmart Phase IV

As part of our Lifestyle Referral programme, we offer a specialist pathway for those with a history of cardiac conditions or current diagnosis including heart failure looking to get into safe and suitable exercise.

You will be linked in with a Lifestyle Advisor who will guide you through the 6-month programme helping you to make long term changes to your health and wellbeing.

Our cardiac classes aim to improve your muscular strength and fitness over a course of 12 weeks offering adaptations based on your current fitness and ability levels. After the 12 weeks your Lifestyle Advisor will support you into further exercise this could include other classes, health walks or an individual gym programme.

Contact us for more information or speak to your health care professional to get a direct referral for example GP or Cardiac Nurse.