

“THE LINK”
Support Group Meeting

TUESDAY
MAY 22, 2007
7:00 PM

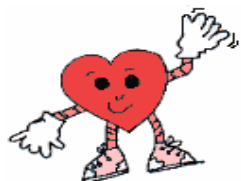
“LET’S GET MOVING”

By:
Larry Bergwall
&
Jeff Kinnunen
Exercise Specialists
MGH Cardiac Rehab

- ♥ Marquette General Hospital
- ♥ Sixth Floor
- ♥ Robert C. Neldberg Building
- ♥ Cardiac Rehab Gym

**Wear Comfortable clothes and shoes
for stretching and exercise ♥**

**This meeting will not be
teleconferenced.**



MAINTAINING HEART HEALTH
By: The Cardiac Rehab Staff

Have you been keeping up with your activity and nutrition plans to keep your body healthy? If not, MGHs’ Preventive Heart & Health Program may be just what you need to jumpstart your motivation. This program, offered by Cardiac Rehab professionals provides individualized exercise sessions, nutrition counseling and behavior modification in a safe and friendly atmosphere. The modifiable risk factors for heart disease include being overweight, high blood pressure, high cholesterol, smoking, and lack of physical activity. You can make lifestyle changes to help reduce your risk factors.

The Preventive Heart & Health Program meets three days per week at varying times to meet your scheduling needs. An initial assessment is performed and an exercise program is designed specifically for you by an Exercise Physiologist. During the program you will also meet with a Registered Dietitian to evaluate your eating habits and develop a personalized nutrition plan.

In addition, your blood pressure heart rate, and other health concerns are monitored by a Registered Nurse. A monthly progress report can also be sent to your physician.

If you are interested in this program, please call us at (906) 225-4755. Marquette General Health Systems’ Cardiac Rehab Program can help you live a longer and healthier life ☺

Eat Out the Heart Smart-Way

When eating out, remember your heart. Many restaurants now offer heart-healthy choices. Additional heart-helpers include: eating your bread unbuttered, choosing a plain baked potato rather than fries, and vetoing deep-fried foods. Enjoy the salad bar with low-fat dressings. Skip super-sized specials and if a dessert looks tempting, share yours or take home half.