



Welcome to Phase IV Cardiac Rehabilitation – “Active Hearts”

Congratulations!

You will have successfully completed the nurse led Phase III exercise session. As with all the healthy lifestyle changes you have made, it is very important for your health and wellbeing that you continue to be physically active. To achieve this you may decide to be responsible for your own activity or you may appreciate a more structured formal style of exercise. Both approaches are effective and if you do prefer to attend an exercise class, we are able to offer you a Phase IV exercise session. These sessions are held at Wycombe General Hospital, in a community hall or at your local leisure centre.

What is a Phase IV class?

The Phase IV exercise sessions are led by a clinical exercise specialist with cardiac rehab training. There will not be a nurse present at these sessions as at this stage of your recovery clinical support is not needed or necessary. It is advised that you call the instructor to book you onto the session rather than just turning up as you may not be the only new person starting that week and the instructor would like to give you their full attention.

When you come to your first Phase IV class, please see the exercise instructor and present your transfer form which would have been given to you by the cardiac nurse when you were discharged from Phase III. **Please remember to bring the information form with you as without this vital report it is difficult to prescribe safe exercise for you.** The instructor will ask you if there has been any change in your condition, medication or in your general wellbeing.

On your first visit, please arrive to the session a little earlier as you may not be the only new client and the instructor would like to welcome you personally.

What should I wear?

Wear suitable loose, light-weight clothes, supportive, appropriate footwear and bring a bottle of water with you.

What sort of exercise will we be doing?

The class will start with a graduated warm-up which will be very similar to the warm-up that you followed in Phase III. The warm-up is an essential part of the exercise programme, to prepare the body and more importantly the heart for exercise and it could be detrimental to your cardiac safety if it is not performed appropriately. If you arrive late and miss the warm-up for your class, the instructor will not allow you to exercise at that session. It is also advised that you do not attend if you are feeling unwell or are on antibiotics

The main conditioning exercises are specifically designed to improve and maximise cardio-respiratory (heart and lungs) efficiency and ensure good muscle balance.

The cool-down is an essential part of the class and should not be missed. This is to allow the cardiovascular system to return to the pre-exercise state and is important to prevent the blood pressure dropping and an abnormal heart rhythm. If for any reason you do need to leave early, please let the instructor know in good time so that they can ensure that you have cooled down effectively before you leave

“Active Hearts” instructors may deliver the session in different styles. However, it is important to understand that if the exercise format and advice from the instructors is not adhered to you may be, in the last resort, asked to leave the class.

The classes are designed to be fun, effective and safe and it should be recognised that the instructors are all skilled clinical exercise specialists and trained specifically to deliver cardiac rehab. However, while the instructors have a sound understanding with regard to heart disease and exercise, they are not clinically trained and cannot make a clinical judgement. If you do have any issues with your medication, cardiac or general health, it is advised that you speak with your GP.

Enjoy your class knowing that your health and safety is our main concern.

If you would like to discuss these issues further or would like any further information about the classes, please speak to your nurse or exercise specialist for details of where and when the sessions are held.