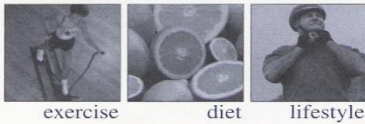


Heart Education And Rehabilitation Training. This is the essence of The HEART Program and the goal of the medical professionals at CardioPhysics. The HEART Program has been researched and created with you, the patient, in mind. CardioPhysics, a company that specializes in health education and training, has seen the ongoing need to reach the millions of people who are in need of cardiac rehabilitation.

Used as a set, The HEART Program provides you the opportunity to participate in the many benefits of cardiac rehabilitation. It leads you through the important education and exercise necessary during your recovery period. By following the easy instructions and your doctor's guidelines, you can improve many aspects of your cardiac health. The HEART Program is an effective part of the recovery process for patients after their cardiac event.



What is The HEART Program?

The HEART Program consists of four videos, one educational video followed by three exercise videos. Video One contains the latest information about the most common forms of heart disease. This includes their causes, signs and symptoms, risk factors and lifestyle changes that can help you avoid future incidents. Video One also includes valuable information about a variety of medical procedures and medications used to diagnose and treat heart disease. This video is an important first step for any patient beginning a cardiac rehabilitation program.

Videos Two, Three and Four are instructor led exercise routines. Each routine lasts for approximately 45 minutes and has been uniquely created to include important aspects for the cardiac patient. By staying within the exercise limits your doctor has prescribed and following the recommended guidelines from the instructor, you will receive the maximum benefits from your exercise.

Each video contains two levels of exercise. One student will be exercising at a lower level while the other student, along with the instructor, will be exercising at a higher level. Begin with the lower level in Video One and work your way to the higher level as you begin to feel more comfortable. Move on to the next video only when you can consistently and comfortably complete the entire exercise routine within your prescribed limits. A good goal would be to complete one exercise tape every other day.

When followed correctly The HEART Program can be very effective. To achieve maximum results make the necessary lifestyle adjustments and follow your doctor's suggestions.

Do it for yourself.

Do it for your family.

Waist Circumference Chart

*High Risk Waistline

Women
Greater than 35 inches

Men
Greater than 40 inches

*Disease risk for Type II Diabetes, Hypertension and Coronary Artery Disease. As fat accumulates around your waist, it increases your risk for coronary artery disease. The fat in your abdomen is more likely to break down and accumulate in your arteries.

Body Mass Index Chart

BMI table		Weight (lb)															
Height (ft/in)	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59
4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34
	Moderate Risk											High Risk					

(Adapted from Obesity Education Initiative: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. National Institutes of Health, National Heart, Lung, and Blood Institute, Preprint June 1998)

Healthy BMI	18.5-24.9
Overweight/Moderate Risk	25-29.9
Obese/High Risk	30 or greater

If you're overweight (BMI between 25 and 29.9) and have any other risk factors for heart disease, it's a good idea to lose weight. If your BMI is 30 or higher, losing weight should improve your health over the long term, regardless of your other risk factors.

Healthy Eating Guidelines For Patients With Heart Disease

- Total calories should be adjusted to achieve and maintain a healthy body weight
- Total fat intake less than 25-35% of total calories
- Saturated fatty acid and trans fatty acid intake less than 7% of total calories
- Polyunsaturated fatty acids up to 10% of total calories
- Monounsaturated fatty acids up to 20% of total calories
- Cholesterol intake less than 200 milligrams per day
- Sodium no more than 2400 milligrams per day (2.4 grams)
- Carbohydrate intake 50-60% or more of total calories
- Protein intake approximately 15% of total calories
- Fiber approximately 20-30 grams per day

Note: The above percentages refer to a percent of total calories eaten over several days, not for each food.

Healthy Eating Tips

- Always check food labels for contents before buying at the grocery store.
- Eat 5 or more servings of a variety of fruits and vegetables each day.
- Eat 6 or more servings of grain products each day.
- Use non-fat or low-fat milk products, fish, beans, skinless poultry and lean meats.
- Limit foods high in saturated fats, cholesterol and trans fatty acids.
- Limit your intake of high sugar items such as soft drinks and candy.
- Limit foods high in sodium or salt content.
- Have no more than one alcoholic drink per day if you're a woman, and two if you're a man. One drink = 12oz beer or 4oz wine or 1.5 oz of 80-proof spirits.
- Choose fats with only 2 grams or less of saturated fat per serving.
- Maintain a caloric intake that keeps you healthy and fits your body's needs.
- To lose weight, exercise regularly and reduce the number of calories you eat.
- Eat fish or vegetarian meals at least 3-4 times a week.

These guidelines are based on recommendations of the American Heart Association and National Cholesterol Education Program and are not intended to replace the advice of your medical nutrition professional.

