

## About Cardiac Rehab

Since 1976, Cardiac Rehab has been providing supervised exercise and education for heart health. We offer a range of sessions for those recovering from, or working to prevent, a cardiac event, all tailored to your individual needs.

We operate from our own purpose-built premises, adjacent to Alton Sports Centre, and provide both immediate post-event exercise and continuing 'exercise for life' classes. We are one of the largest providers of exercise and health education for cardiac patients in the south of England.

The Cardiac Rehab Centre provides a controlled and safe environment for exercise, with all of our exercise specialists holding the national BACPR qualification and, along with the rest of the staff, training in cardiac resuscitation techniques.

We are not a part of, or funded by, the NHS – our service picks up where their rehabilitation programme finishes.



Basingstoke & Alton *Cardiac Rehabilitation Charity Ltd*

[www.cardiac-rehab.co.uk](http://www.cardiac-rehab.co.uk)



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*Exercise For Living*

### How much does it cost?

For details of our current fees, please visit our website. A concessionary rate for those receiving benefits is also available. The same fees apply for your spouse or partner if they attend with you.

### What happens next?

We will receive your referral from the NHS team and make contact with you. Should you have any questions, please contact our Health Programme Team at Cardiac Rehab on **01420 557 385**, or email them at **staywell@cardiac-rehab.co.uk** and they will be happy to help.



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*Improving heart  
health, fitness and  
wellbeing*

## Your guide to long term exercise at the Cardiac Rehab Centre.

It is really important to keep on exercising long-term to retain your fitness once you have completed your NHS rehabilitation classes. It will keep your heart healthy and has lots of other benefits too:

- ♥ Improved cholesterol levels
- ♥ Lower blood pressure
- ♥ Improved mental wellbeing
- ♥ Weight management
- ♥ Increased confidence
- ♥ Increased fitness
- ♥ Fit for life



## Exercising with us

The Cardiac Rehab Centre exists to provide a fitness space for people with heart and other health conditions, just like you. If you wish, you may come and observe a session to see how it works. We make it easy and safe for you to carry on exercising:

- The air-conditioned gymnasium is open for over 50 hours of exercise weekly including Saturday mornings and evenings Monday-Thursday.
- All our exercise specialists hold the national qualification from the BACPR (British Association for Cardiac Prevention and Rehabilitation) for prescribing exercise to cardiac patients. You may have already met some of them at the NHS classes.
- We currently offer a variety of circuit-based exercise classes and 'independent' sessions where you can use the gym by yourself. All our exercise options are fully supervised.

## Choice of Exercise

Some people choose a mix of class and independent gym sessions. The choice is yours.



If you choose to attend **Exercise Classes**, you will find that they are a mixture of using the cardio equipment in the gym and the strength training machines as well as floor work. Classes can be booked individually, one week in advance or as a block booking.



The **Independent Gym** sessions are more like the programmes you might be set at a Sports Centre except that your prescription will relate to your medical condition, and you will be supervised and monitored carefully whilst you are in the building. You do not need to book in advance for these.

## How often do I attend?

We suggest that you come along twice a week and keep up an active home programme or walking programme in between your formal sessions at the centre. You may bring along a buddy or partner if that is helpful in keeping up your exercise habit.

## How do I join?

You will be referred to us by one of the NHS cardiac team members. When we receive your referral, we will invite you to attend for an assessment and offer you an induction programme on a one-to-one basis.

*“Coming to Rehab, for me, is such a life-affirming thing to do.”*

*Richard, Rehab Long Term Exerciser*

