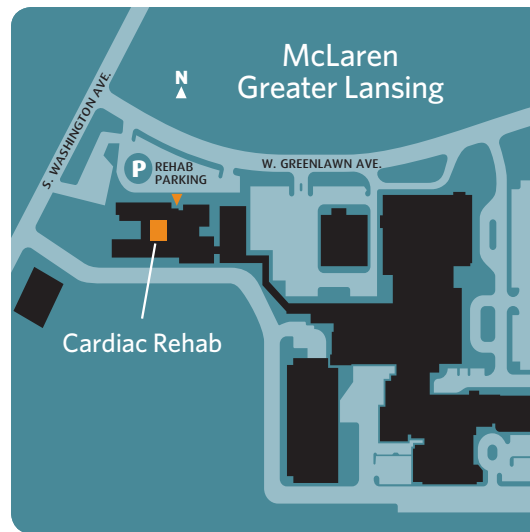


## Lecture Series

The Lecture Series provides educational sessions related to heart disease for participants and their families. Various topics are covered, including:

- Understanding Heart Disease
- Heart Healthy Eating/Shopping
- Exercise Guidelines
- Reducing Your Risk Factors
- Strength Training/Flexibility Guidelines
- Smoking Cessation
- Yoga

These sessions are presented by exercise specialists, nurses and dietitians. Referrals to smoking cessation programs, CPR certification classes and heart disease support groups are also available.



GREATER LANSING

**R. E. Olds Anderson  
Cardiac Rehabilitation Center**

Meerman Education Center  
407 W. Greenlawn Ave.  
Lansing, MI 48910  
(517) 975 7050

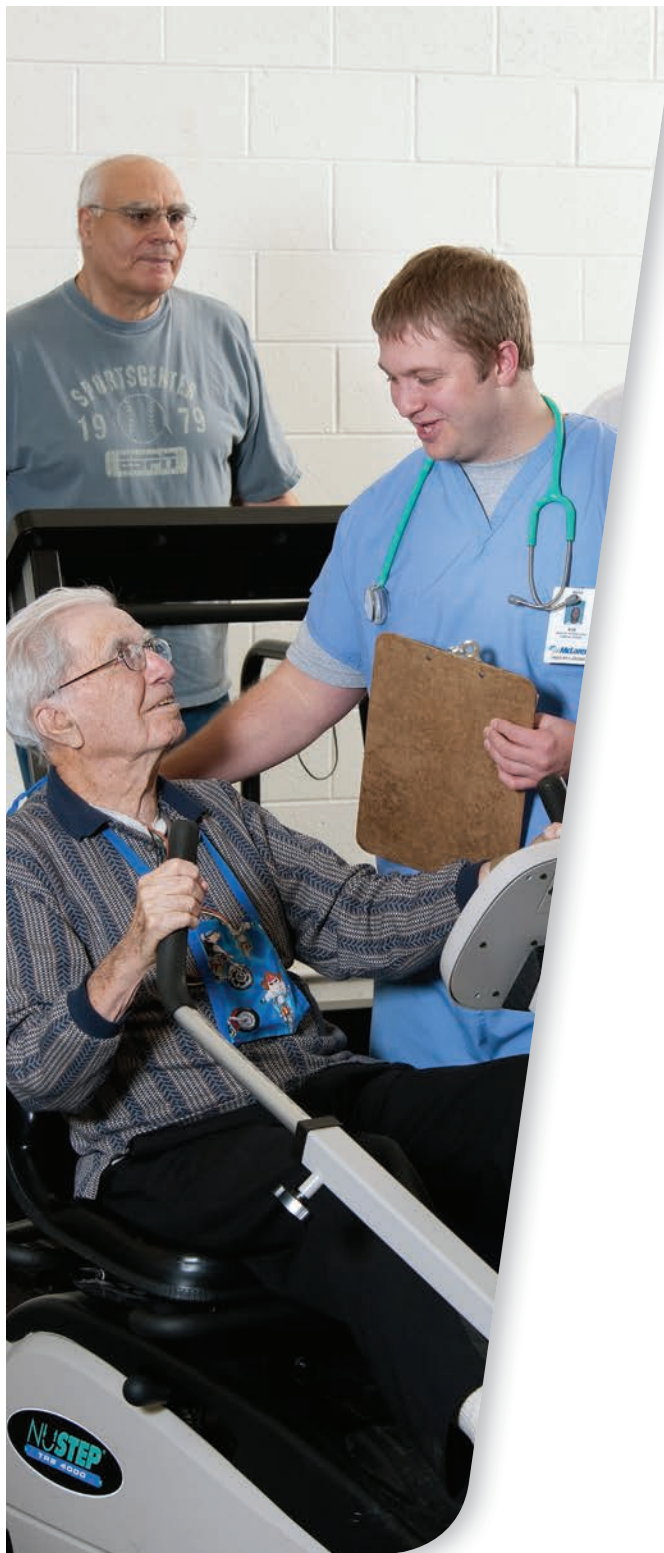
[mclaren.org/lansing](http://mclaren.org/lansing)

## Cardiac Rehabilitation

*R. E. Olds Anderson Cardiac  
Rehabilitation Center:  
Exercise and education for  
a heart-healthy lifestyle*



GREATER LANSING



## Exercise and education for a heart-healthy lifestyle

You have already been treated—or have been told you are at risk—for heart disease (coronary artery disease). The cardiac rehabilitation programs at McLaren–Greater Lansing are designed to help you find ways to achieve and maintain cardiac fitness through a program of exercise and education.

McLaren offers a three-phase program to help you on your way to a healthier and more active lifestyle. These programs can help strengthen your heart and improve your overall health.

### Phase I: Cardiac Rehabilitation

During your hospitalization, you will be seen by a member of our Cardiac Rehabilitation team who will give you an introduction to the program as well as give education and home exercise guidelines.

### Phase II: Early Outpatient Cardiac Rehabilitation

Early Outpatient Cardiac Rehabilitation is a comprehensive teaching and exercise program designed for people who have shown signs of heart disease or are known high-risk heart patients. Individuals who have had a recent heart attack, stable angina, stent placement, coronary artery bypass, valve surgery or heart transplant are candidates for Phase II.

The goals of Phase II are:

- ❖ To improve physical fitness through prescribed, supervised exercise.
- ❖ To educate participants and their families about heart disease.

- ❖ To teach participants how to reduce the risk of further complications.
- ❖ To offer the opportunity to share and learn with others who have had similar experiences.

Phase II is conducted at R. E. Olds Anderson Cardiac Rehabilitation Center. The one-hour exercise therapy session meets three days a week for six to 12 weeks, under the direct supervision of exercise physiologists and nurses. Participants will be given an individual exercise prescription based on their current cardiac history.

Once Phase II has been completed, participants have the option of continuing to exercise at the Cardiac Rehabilitation Center with the Phase III maintenance exercise program.

### Phase III: Maintenance

The maintenance phase is specifically designed for those who have heart disease and a physician referral or have graduated from Phase II. The program is also beneficial for those who have high blood pressure, high cholesterol, or diabetes.

The maintenance program is designed to improve and maintain each participant's work capacity, muscle strength and flexibility through moderate exercise and strength training.

Phase III meets three times each week for one hour at the Cardiac Rehabilitation Center. Participants sign up on a month-to-month basis and pay a nominal fee, and can continue the program for as long as desired.