

## Tune-Up Program

Has your get up and go,  
gone up and left? Feeling tired?  
Overweight? High blood pressure  
or high cholesterol? Hesitant to start  
an exercise program?

HeartWorks will give you the “jump start”  
to safely get you back to feeling well.

Services include:

- 3 hours of individual counseling:
  - Identify lifestyle risks with our cardiovascular registered nurse*
  - Discuss specific dietary guidelines with our registered dietician*
  - Design a personal exercise program with our exercise physiologist*
- Seven EKG-monitored exercise sessions with structured progressive aerobic exercise
- One body composition test to assess muscle and fat weight and establish a realistic weight goal
- Resting and exercise blood pressure assessments

Center for Well-Being  
HeartWorks, Cardiac Rehab Facility  
500 Doyle Park Drive, Suite 304  
Santa Rosa, CA 95405

# HeartWorks

A Cardiovascular  
Rehabilitation  
Program

[www.norcalwellbeing.org](http://www.norcalwellbeing.org)



Your doctor has recommended that you begin a cardiovascular rehabilitation program to help you reach an optimal quality of life and help you minimize the effects of heart disease.

### What is Cardiovascular Rehabilitation?

Cardiovascular rehabilitation is based on gradual positive changes that embrace new lifestyle patterns. At HeartWorks, you will learn how to modify your diet, exercise, reduce stress and quit smoking. Your rehabilitation program will improve your strength, stamina and confidence level. Many graduates “feel better than they have in years.”

### Rehabilitation Begins with You

Successful rehabilitation begins with you... the attitude, goals and determination you bring to the challenge.

Focus on goals that are important to you... returning to work, traveling, staying independent or feeling good. It is very important to temper your enthusiasm with patience. You are establishing patterns for a new approach to life!

### Safety, Supervision, and Success

At HeartWorks, you will be guided by an exercise and diet plan developed expressly for you. Physicians, nurses, and cardiac exercise specialists closely supervise each aspect of your rehabilitation activity.

## How the Program Works

Cardiac rehabilitation programs are usually conducted in progressive phases. Phase I includes the education and guidance you received while in the hospital or directly from your physician before entering the program.

### Phase II—HeartWorks

During Phase II, you will participate in a fully monitored, individualized exercise and education program. This phase lasts from 3 to 12 weeks. Classes are scheduled during usual business hours.

Each workout begins with warm-up exercises followed by aerobics, which may include the stationary bicycle, treadmill, stepper, arm crank or rowing machine. Your exercise concludes with cool-down stretching.

Medical assessments include EKG monitoring, blood pressure measurement, oxygen saturation and body composition.

During your workouts, you will become more aware of your body's capabilities. You will learn about target heart rate, levels of exertion and how to modify your exercise to fit your needs.

The education program is designed to help you reduce your personal cardiac risk factors. The format may include, one-to-one counseling, books, pamphlets, videos, or written homework. You also may be referred to low cost community classes.

*Please note that tobacco use counteracts many of the benefits from exercise and your prescribed medications. Any treatment of heart disease will probably not be successful if you continue to smoke.*

### Phase III and Phase IV

Phase III is a community based, supervised group exercise program.

Phase IV is a long-term commitment to exercise that is self-directed.

### Fees

Most insurances, including Medicare Part B, reimburse for part or all of Phase II.

HMOs usually require your primary care doctor's permission and a medical review before approving your participation. We will submit any necessary paperwork on your behalf.

If you are a PPO member, please contact your health plan to verify coverage for this service and rate of reimbursement.

If you have additional questions, or would like to know more about HeartWorks, please contact:

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