

WHAT PATIENTS SAY

'I'm not a gym person but it felt really good during the classes and afterwards I felt immediately better, brighter and cheerier in myself. Ever since I took part in the programme I have endeavoured to do something every weekday morning.'

'The most beneficial thing for me about taking part is how it helped me mentally. I suffer from fatigue, but find being active outside in the fresh air is really therapeutic and makes me feel more positive.'

Laura 52

Tai Chi

Tai Chi demonstrates a variety of slow, repetitive movements working core muscles; it helps strengthen the immune system and improve one's core stability as well as relieving stress tension, aches and pains.

All classes can be done seated.

Contact us:

on 01922 725050 OR
wht.heartcare@nhs.net

At Heart Care Healthy Living we know your health, happiness and wellbeing can be greatly improved through exercise and a healthy lifestyle.

How much activity is enough? DHSS advice:

- Aim to be active daily
- Ideally, over a week, activity should add up to at least 150 minutes (2.5 hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week. If this is too much just do what you can and try to build up gradually
- Undertake physical activity to improve muscle strength, ideally at least two days a week
- Incorporate physical activity to improve balance and co-ordination ideally at least two days a week

Walsall Rehabilitation & Healthy
LivingTrust (Heart Care)

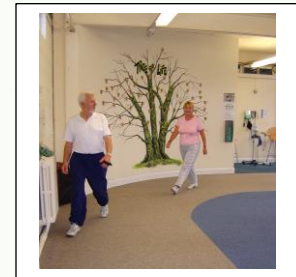
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www.heartcare.org.uk



Improving health, happiness and wellbeing through exercise and a healthy lifestyle



KEEP IT HEALTHY PROGRAMME

Walsall Rehabilitation & Healthy
Living Trust
Registered Charity Number: 1109021

AIMS, BENEFITS

www.facebook.com/heartcarewalsall
www.heartcare.org.uk



SOCIAL



EXERCISE

HEALTHY EATING



RELAXATION



Benefits

- Well-equipped gym
- Large exercise room
- Education sessions
- Safe, monitored environment
- Friends and family are encouraged to attend

Heart Care Healthy Living is a community based medical charity known for being pioneers in cardiac and pulmonary rehabilitation. As advocates for healthy living, we now extend our efforts to support individuals who suffer with high blood pressure, diabetes, high cholesterol, arthritis or are overweight.

This medically supervised exercise programme has been developed to improve general health and fitness. You can also attend our Tai chi classes.

- Can help to manage cardiovascular risk factors
- Opportunity to meet other people

Our Team

We are a welcoming team and will try to make your journey with us enjoyable and a beneficial experience for you. Our team work with you to ensure we provide the best individual programme for you, designed by our Exercise Physiologists.

The team includes Specialist Nurses, Exercise Physiologists, Counsellor, Health Care Assistant and a Doctor who will be available to offer advice and support throughout.

Programme available

- **16 sessions – either structured exercise programme or Tai chi or a mixture of both**
£2.50 per session
- **Patients can continue on into After Care programme - £4.75 per session**
- **Direct debits / membership incentives**

How can this help you?

- Assisting and encouraging you to make healthy lifestyle choices
- Building your self-confidence and increasing your fitness
- Exercise and a healthy lifestyle can help to reduce the risks of developing heart related health issues.
- Exercise helps prevent muscle wasting
- Exercise can help reduce fatigue, and can in fact boost your energy
- Physical activity can help improve mental health
- Exercise can help maintain weight.