

Cardiac Rehabilitation

This rehabilitation class is designed for those of you who have had heart disease or a recent cardiac event in which exercise will help you return to performing activities for daily living and improving fitness for heart health.

GYM MEMBERSHIP INFORMATION

If you decide to join the gym after your course, please find the below membership prices that may apply.

You will receive your very own gym programme written by Lisa, with regular reviews to keep up to date with your progress.

Please ask for more details.

CATEGORY	MONTHLY DIRECT DEBIT PAYMENTS
INDIVIDUAL	£23pcm
COUPLE	£41pcm
ACADEMY STAFF MEMBER	£18pcm
STAFF PARTNER	£16.80pcm
ACADEMY STUDENT	£18pcm
EXTERNAL STUDENT	£18.50pcm
OVER 60 INDIVIDUAL	£16.80pcm
OVER 60 COUPLE	£42pcm

Please Take One

**Cardiac
rehabilitation**

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S.C.S.C

**Sports Centre Opening
Hours**

**Monday– Friday
4.30– 10pm**

**Saturdays, Sundays,
Bank Holidays 9-5pm**

Sharnbrook Community Sports Centre
Odell Road
Sharnbrook
MK44 1JL

Web: <https://sportscentre.sharnbrook.academy>

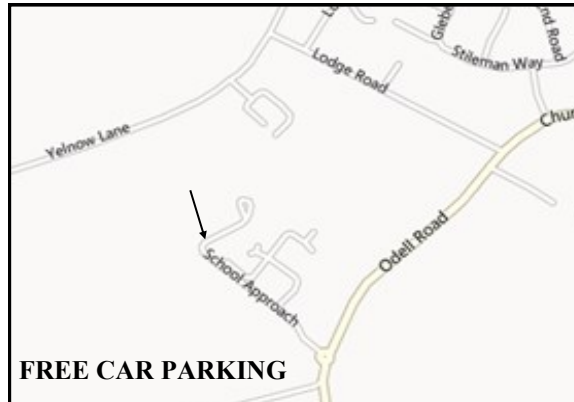
E-mail: lholloway@sharnbrook.academy

Facebook: [sharnbrookcommunitysportscentre](https://www.facebook.com/sharnbrookcommunitysportscentre)

01234 672320

the Sharnbrook Community Sports Centre

Where we are



When are the classes?

Daytime, arranged in advance with the cardiac rehab instructor

Gym

**3 months membership half price.
Fees dependant on membership type**

Who

Sessions lead by:

Lisa Holloway

**Sports Centre Manager
Phase IV Cardiac Rehab qualified
Exercise Referral qualified
BSC Sports Science**

What your course includes:

- ♦ **A pre-assessment goal setting**
- ♦ **Preparation information before your first class**
- ♦ **Your class will involve anthropometric measurements at the start of each class e.g. blood pressure**
- ♦ **The class consists of a warm up, main circuit session, cool down and stretching phase**
- ♦ **The course is 12 weeks long with a one to one assessment every 4 weeks to record progress**
- ♦ **Payment is 3 months up front, fees dependant membership type**
- ♦ **You will need to wear a heart rate monitor and watch to record heart rate during the class...These are provided for the session**
- ♦ **Food diary assessment is offered at 4 weeks and 8 weeks to evaluate eating habits**
- ♦ **A final assessment is completed to evaluate progress over the 12 week scheme**

Benefits of the scheme

- ♦ **Significant reductions in Coronary Heart Disease can be demonstrated at even low levels of exercise. This scheme builds up your exercise levels slowly in a safe environment to gain the most out physical activity and its benefits as below:**
- ♦ **Physical activity helps lower and prevent high blood pressure (hypertension). Hypertension is one of the major risk factors for coronary heart disease.**
- ♦ **Physical activity raises HDL cholesterol ("good cholesterol") which acts as a protective mechanism in your body by helping remove LDL cholesterol ("bad cholesterol") from your arteries, reducing risk of heart attack**
- ♦ **Physical activity helps lower LDL Cholesterol. This reduces the risk of fatty build ups inside the artery walls, thus reducing the risk of a heart attack or further heart attacks occurring**
- ♦ **If you have had a heart attack, physical activity at the right level can lower angina attacks**
- ♦ **Physical activity reduces the risk of having a stroke by half.**
- ♦ **Physical activity reduces the chance of developing diabetes and helps control diabetes if you already have it by stabilising your blood sugar levels as those working muscles use glucose to perform activities during exercise.**
- ♦ **Physical activity helps relieve stress and relax you by releasing endorphins in to your system giving you that "feel good" factor**
- ♦ **Physical activity lowers the risk of osteoporosis by stimulating calcium release which helps maintain bone strength**
- ♦ **Physical activity helps you lose or maintain a healthy weight by burning those extra calories. People who are overweight are more likely to have high blood pressure and cholesterol, two major risk factors for coronary heart disease**