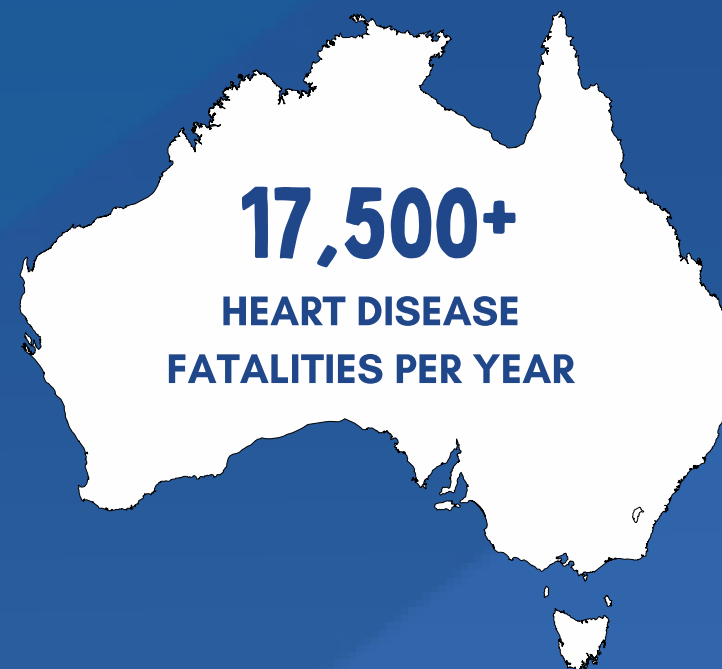


CORONARY HEART DISEASE & EXERCISE

WHAT IS CORONARY HEART DISEASE?

Coronary heart disease (CHD), also known as coronary artery disease, is a disorder of the coronary arteries around the heart in which the regional blood supply is insufficient to deliver the oxygen needed by the heart muscle.



EVERY 19 MINUTES
AN AUSTRALIAN DIES FROM
CORONARY HEART DISEASE

EXERCISE PRESCRIPTION

Resistance (weight) training should be incorporated with aerobic exercise training to improve physical strength needed for activities of daily living. Resistance training should:

- Be performed 2-3 days per week using a weight not exceeding a weight that can be lifted for 12-15 repetitions.
- Include a recovery pause of at least 1 minute between each set.
- After a cardiac event, people should complete at least two weeks of aerobic training before starting resistance training.

POSITIVE IMPACTS OF EXERCISE:

01 IMPROVED BLOOD PRESSURE

02 PREVENTS BLOOD VESSELS NARROWING

03 IMPROVED HEART RHYTHM

04 IMPROVED PHYSICAL & PSYCHOLOGICAL FUNCTION

05 PREVENTS BLOOD CLOTTING, HELPS DELIVER BLOOD TO THE HEART

06 INCREASED HDL (GOOD) CHOLESTEROL

HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **We offer a 6-week exercise program designed specifically to work with you on enhancing your cardiovascular health.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.

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