Nurses and exercise physiologists work closely with your cardiologist to guide you through the program. A dietitian and diabetes educator are also available.

**Hours**

- **Monday**: 7 a.m. – 5 p.m.
- **Tuesday**: 7 a.m. – 12 p.m. (maintenance only)
- **Wednesday**: 7 a.m. – 5 p.m.
- **Thursday**: 7 a.m. – 12 p.m. (maintenance only)
- **Friday**: 7 a.m. – 12 p.m. and 1 p.m. – 5 p.m.

**More Information**

For more information, contact our Outpatient Cardiac Rehabilitation Services at:

201-894-3512
Englewood Hospital and Medical Center’s medically structured, individualized cardiac rehabilitation program assists patients recovering from various cardiac conditions. Our professional staff of cardiac nurses and exercise physiologists will lead you through a program of exercise and education, which will allow you to return to an active and healthy life.

If you have one of these conditions you may benefit from cardiac rehabilitation:

- Heart attack
- Bypass surgery
- Heart transplant
- Heart-lung transplant
- Stent placement
- Stable angina
- Congestive heart failure

### Participation
To participate in the program, a referral from your cardiologist or physician is required. Your needs will be evaluated by our staff, and a personalized rehabilitation program that is consistent with your physician’s orders will be developed.

### Your Exercise Program
Our staff will lead you through a monitored, progressive exercise program, based on your current fitness level and goals. You will exercise up to three days a week for up to an hour each day, and your program may include cardiovascular and strength training exercises. Our staff will closely monitor your heart rhythm, blood pressure, and blood sugar as needed.

Benefits of exercise may include:

- Weight loss
- Lower blood pressure and cholesterol levels
- Decreased blood sugar levels
- Decreased stress levels
- Higher self-esteem, confidence, and sense of well-being

### Education
Exercise works best in combination with education. Throughout the program, our staff discusses topics such as diet, medication, and the effects of daily stress on the heart. A dietitian is available to suggest meals and heart-healthy recipes, and a diabetes educator is available to advise you on diet and insulin schedules.

### Payment
Most insurance companies provide coverage for monitored outpatient cardiac rehabilitation services. Consult your individual insurance carrier for detailed coverage information. We will also verify your benefits prior to scheduling your first appointment.

### Maintenance/Fitness Program
This optional exercise program is for individuals who have completed their supervised program or have a cardiac condition that does not require close monitoring. The maintenance program provides a supervised and safe environment for regular exercise. This program is generally not covered by insurance.

### Facility
Our cardiac rehabilitation facility is equipped with cardiovascular equipment, including treadmills, elliptical trainers, stationary bikes, nu-steps, rowers, light weights, and resistance training machines. Showers are available for your convenience, and free parking is provided.