"Physical activity—even if you don't lose an ounce, you'll live longer, feel healthier and be less likely to get cancer, heart disease, stroke and arthritis. It's the closest thing we have to a wonder drug."

—Tom Frieden, U.S. Centers for Disease Control and Prevention

PROVIDING THE SUPPORT YOU NEED FOR A HEALTHY HEART



PROGRAM REQUIREMENTS

*This program does not replace the critical role that medically supervised cardiac rehab plays in recovery from a cardiac event.



If you are recovering from a cardiac event, completion of a medically supervised cardiac rehab program is reauired.

A Doctor's release is required.

Fitness tracker is recommended.

For more information, contact

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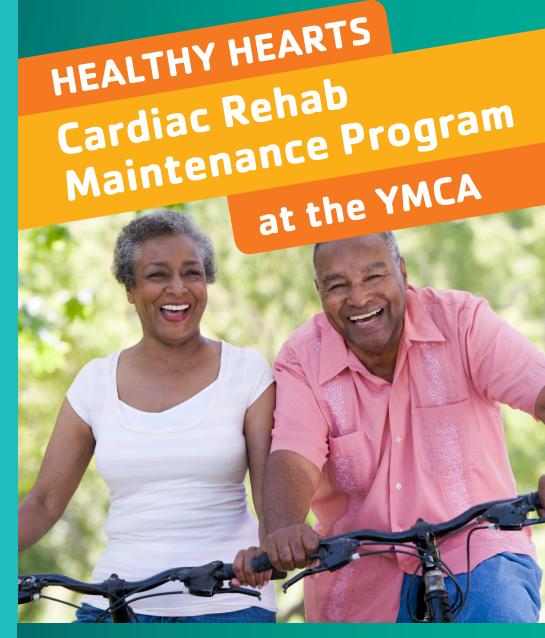
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PROGRAM GOALS



Teach participants how to exercise independently to maintain cardiovascular health.



Build muscle strength with upperbody and lower body exercises.



Improve overall flexibility.



Coach participants to continue a lifetime of healthy habits.

STAYING ON TRACK

ASSESSMENTS

4 AT PROGRAM START

4 AT PROGRAM END

Assessments at the beginning and end of the program will help measure baseline fitness and progress gained through the Healthy Heart Program. Rate of Perceived Exertion and personal fitness trackers will be utilized to monitor participant's exertion and heart rate.

