

# MDH Cardiac/ Pulmonary Phase III Program

This program is designed to help participants develop a healthy lifestyle with exercise as the cornerstone. Participants enjoy a full range of equipment and staff expertise at our facility. Rehabilitation Services staff provide regular blood pressure checks while participants maintain their own records and monitor progress.

## Equipment available includes:

- Treadmills
- Exercise bikes
- Row machine
- Upper body ergometers
- Elliptical trainer
- Nu-step
- Strengthening exercises (hand and ankle weights and the 8-piece Life Fitness circuit)



## FREQUENTLY ASKED QUESTIONS

**Q.** How much does this program cost?

**A.** Program cost is \$39 for 14 sessions. Couples receive a 50% discount on one card. Punch cards are available for purchase in the Cardiac Rehab gym.

**Q.** I've attended Cardiac Rehab before, is there a discount?

**A.** All Cardiac and Pulmonary Phase II graduates can participate for one month FREE of charge.

**Q.** Where is this facility located?

**A.** All Phase III exercise sessions take place in the Cardiac/Pulmonary Rehab Gym located on the third floor of MDH. Lockers, locks and towels are also provided.

**Monday, Wednesday & Friday**

**6:15 - 8:15 a.m.**

**2:45 - 4:30 p.m.**