

# Heart and lung exercise program

This information is for people who live in the local council areas of Yarra, Boroondara or Darebin.

St Vincent's heart and lung exercise program is for people with chronic heart and lung conditions. This includes heart failure, pneumonia, asthma and Chronic Obstructive Pulmonary Disease (COPD) and other conditions.

## What is involved?

You will attend group exercise classes for 8-12 weeks.

## How will it help me?

Trained physiotherapists will help you to improve your general fitness. The exercises will focus on strength, balance and aerobics. Improving your fitness will make it easier to live with your condition.

## Who runs the program?

The program is coordinated by a cardiac nurse, physiotherapist and allied health assistants. They are specially trained to work with people who have chronic heart and lung conditions.

## How do I get involved?

You will need a referral from your GP or specialist. Send this to the service closest to you (Fitzroy or Kew). We will contact you to make a booking.

## What happens next?

Once you have finished the course, we will refer you to another community exercise program. You can also attend extra classes in Kew. These are held on Wednesdays at 11.00am for 8 weeks.

## Exercise class times:

	St Vincent's Hospital Fitzroy	St George's Kew
Monday		10.00am - 11.00am (heart and lung)
Tuesday	9.30am - 11.30am (lung) 11.30am-1.30pm (heart failure rehab)	
Wednesday	1.45pm - 4.00pm (heart)	10.00am - 11.00am (heart and lung)
Thursday	9.30am - 11.30am (lung) 11.30am-1.30pm (heart failure rehab)	

## Other classes for heart patients

St Vincent's Fitzroy campus also runs a cardiac rehabilitation group on Wednesdays. This is for people who have recently had a heart attack, heart surgery, stents put in or have a heart or blood vessel disease.

## Education sessions

Learn more about your condition, medications, exercise and diet. Kew - Wednesday 11am. Fitzroy - to be arranged when you start classes.

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