

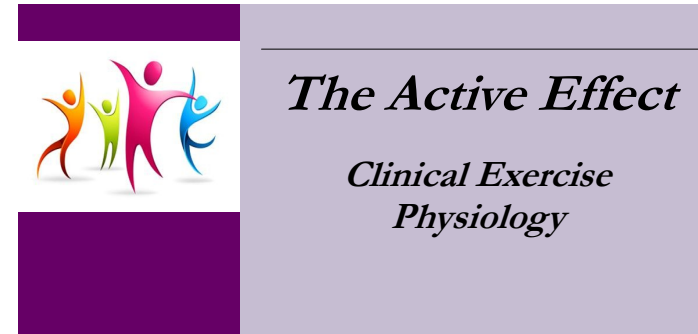
## How Do I Join In?

All you need to do is let the team at the Hospital Cardiac Rehabilitation unit know and they will send along a referral to us and then Marlene will contact you directly.

From there Marlene will organise for you to come in a little earlier on your first day to talk to you and show you how everything works and then you will move forward with your program.



*The Active Effect*  
*Clinical Exercise Physiology*



*The Active Effect*

*Clinical Exercise  
Physiology*

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*Active Heart Health*

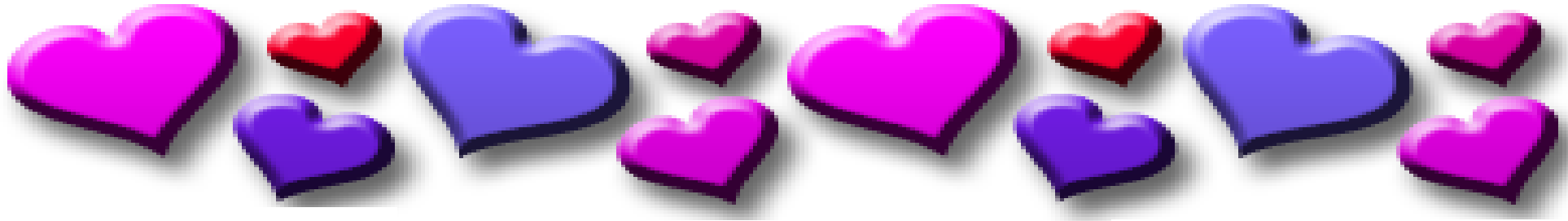
*(Post Cardiac  
Rehabilitation)*



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**Clinical Exercise  
Physiology.**

**Tele: 0419 143 781**



So, you have completed a Cardiac Rehabilitation Program at the Launceston General Hospital and are wondering where you go from here to continue to minimise your risk of a further cardiac event. The Active Effect can provide you with a supervised exercise solution through our Active Heart Health Program.

**Where:**

**When:**

**Time:**

**Cost:**

### **Our Program**

Our program is run on a small group format at Seaport Allied Health in the clinical gym which is upstairs at the Seaport Practice. We are located at the Marina end of the building that also houses the Fish & Chips Shop.

Your progress will be supervised by an Accredited Exercise Physiologist and because we are a teaching practice, we will also regularly have students assisting who are training to be Allied Health Professionals.

Programs for each participant will be individually designed to meet both your goals and capacity. All the familiar exercises from the Hospital

program will be available plus a variety of other activities to engage and challenge you into the future.

### **What to Bring**

Please wear loose, comfortable clothes and shoes that you can walk and exercise in.

Also please bring along a list of your current medications to your first session and ensure that you bring with you any medications that you may require during the session—such as medication for angina or to help with breathing.