

# Cardiac Rehabilitation and Secondary Prevention Program

## Patient Education

As you begin to recover from your heart event, we are providing you with education resources to support your active involvement in managing your heart health. These are available as short videos or in a booklet called *'Pathway to Healthy Living'*.

Please feel free to look at any or all of these. In addition, members of the cardiac rehabilitation team may discuss some of these topics with you as part of your care.

You can access all the videos and the booklet, *'Pathway to Healthy Living'*, via the St. Joseph's Cardiac Rehabilitation and Secondary Prevention Program website using the following link or QR code:

<https://www.sjhc.london.on.ca/cardiac-rehab-videos>



Alternatively, you can go to each video directly using the links or QR codes found in the table on the back of this page.



CARING FOR THE BODY, MIND & SPIRIT SINCE 1869

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Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.



[sjhc.london.on.ca](https://www.sjhc.london.on.ca)

Videos:			
How to Exercise Safely	<a href="https://qrco.de/exercise-safely">https://qrco.de/exercise-safely</a> 	Cardiac Risk Factors	<a href="https://qrco.de/risk-factors">https://qrco.de/risk-factors</a> 
How to Exercise Safely Living with Diabetes	<a href="https://qrco.de/cr-exercise-diabetes">https://qrco.de/cr-exercise-diabetes</a> 	Managing Your Blood Pressure	<a href="https://qrco.de/blood-pressure">https://qrco.de/blood-pressure</a> 
How to Monitor Your Heart Rate	<a href="https://qrco.de/hr-monitor">https://qrco.de/hr-monitor</a> 	Heart Healthy Eating	<a href="https://qrco.de/heart-healthy-eating">https://qrco.de/heart-healthy-eating</a> 
How to Monitor Your Rating of Perceived Exertion	<a href="https://qrco.de/monitor-rpe">https://qrco.de/monitor-rpe</a> 	Motivation and Behaviour Change: Part 1	<a href="https://qrco.de/motivation-part-1">https://qrco.de/motivation-part-1</a> 
What is Resistance Training	<a href="https://qrco.de/resistance-train">https://qrco.de/resistance-train</a> 	Motivation and Behaviour Change: Part 2	<a href="https://qrco.de/motivation-part-2">https://qrco.de/motivation-part-2</a> 
What is Stretching	<a href="https://qrco.de/cr-stretch">https://qrco.de/cr-stretch</a> 	Motivation and Behaviour Change: Part 3	<a href="https://qrco.de/motivation-part-3">https://qrco.de/motivation-part-3</a> 
How Your Heart Works	<a href="https://qrco.de/heart-works">https://qrco.de/heart-works</a> 	Mental Health in Cardiac Rehab	<a href="https://qrco.de/cardiac-mental-health">https://qrco.de/cardiac-mental-health</a> 