

## Resources to help you maintain your cardiac health

In the event you are unable to participate in Total Cardiology Rehab in Calgary, these are some alternative options for your cardiac rehabilitation and maintaining your cardiac health. These resources can be in person, virtually or self-directed learning.

**Heart and Stroke Canada** (<https://www.heartandstroke.ca/healthy-living>) provides information on healthy lifestyle choices – diet, exercise, stress, smoking and more.

**Alberta Healthy Living Program** (<https://www.albertahealthservices.ca/assets/programs/ps-cdm-calgary-ahlp-handbook.pdf>) helps with a heart-healthy diet, exercise, stress and cardiac education.

### Additional Resources

#### CRPCN Nurse – Cardiac Education

The CRPCN nurse in your physician's office can provide cardiac teaching followed by a discussion of your *Cardiac Risk Factor Profile*, medication review and lifestyle support.

#### Nutrition

Options may include having a one-on-one consultation with a registered dietitian. You will require a referral from your physician or CRPCN nurse.

#### Exercise\*

CRPCN Virtual Physical Activity  
<http://www.crpcn.ca/workshops/physical-activity-for-healthy-living-online-en/>

Also, check out your local recreation centre/community centre

#### Stress Reduction

CRPCN social workers are available to counsel individuals on improving stress reduction. Please speak with your nurse or physician to have a referral completed for one-on-one counseling.

Alberta Primary Care Networks – online workshops

<https://albertafindadoctor.ca/workshops/home>

- Anxiety to Calm
- Happiness Basics

Stress Reduction literature

<https://www.heartandstroke.ca/heart-disease/recovery-and-support/emotions-and-feelings/stress>

\*Ensure your physician has approved ability to safely exercise