



COOPER[®] **TRACKS**

CARDIOVASCULAR

AT  SHANNON
HEALTH CLUB

Exercise and Education Programs for Individuals Managing Cardiac Conditions

Exercise and lifestyle modification play an important role in managing chronic health conditions. Yet, for many living with these conditions, beginning an exercise routine can be daunting given physical limitations, safety concerns, lack of information about the disease process and a variety of other factors.

Our program provides the guidance and support needed to help participants begin exercising, increase confidence and develop habits to live healthier to help manage their chronic conditions.

The program is designed for:

- Individuals transitioning from a completed cardiac rehabilitative program to regular physical activity
- Sedentary individuals diagnosed with a chronic cardiovascular disease who want to begin an exercise program



CARDIOVASCULAR TRACK

- Diagnosed with stable cardiovascular disease
- Completed cardiac rehabilitation or do not qualify for cardiac rehabilitation
- Diagnosed with cardiovascular risk factors

PROGRAM DETAILS

- 8 weeks in length
- 2 small group exercise classes/ education sessions per week
- Pre- and post-program health assessments
- Educational content specific to disease process, nutrition and lifestyle modification
- Exercise tracking tools
- Social support and accountability

Start your fitness journey today!

For questions or more information on program cost, call Shannon Health Club at 325-747-2582, email CooperTracks@ShannonHealth.org, or visit ShannonHealthClub.com.