

Cardiac Solution

Cardiovascular fitness and education



- A bespoke one-on-one fitness programme for people with heart disease
- Exercises to improve heart function
- Information, advice and support
- Based in your home, a park or at work
- No age or fitness limits

Important information for health professionals on back cover

www.vidawellness.co.uk • info@vidawellness.co.uk
0333 1234 334 (local rate)

Cardiac Solution

What is it?

Cardiac Solution is a cardiovascular fitness and education programme that provides one-on-one instruction and support to help you:

- 1) Fight against the progression of heart disease
- 2) Regain strength and fitness after a cardiac event (e.g. heart attack) or procedure (e.g. cardiac surgery).

Who is it for?

Cardiac Solution is designed for people with heart disease and those recovering from a cardiac event or cardiac surgery.

There are no age or fitness limits and the sessions are designed entirely around you. Your programme might be based around exercises in your home, or exercising in a local park or gym. You might prefer sessions on weekday mornings, or you may only be able to do weekends. Whatever it is that suits your specific needs and lifestyle, we'll create a programme that suits you perfectly.

How will it help me?

Cardiac Solution will improve heart function in many ways. The three most important areas we focus on are:

Fitness. The bespoke exercises in the programme help you strengthen and maintain a healthier heart.

Education. Learning about the physiology of heart disease and the impact of lifestyle choices, will help you to stay in control of your health.

Confidence. By becoming more active, gaining control over your wellbeing and improving the health of your heart, your confidence will be boosted considerably.



Who can benefit from Cardiac Solution?

If you have heart disease or are recovering from a heart attack or cardiac surgery, then Cardiac Solution is for you.

The programme is currently available in the following postcodes: SW13, SW14, SW15, SW18, SW19, W4, TW1, TW2, TW9, TW10, TW11.

If you have any questions about Cardiac Solution, call us on: 0333 1234 334 (local rate).

How does it work?

- Firstly, you have a consultation. This can be done at home or at work.
- Your personalised programme is then created.
- You then have twelve one-on-one exercise sessions and six educational sessions. We will provide all specialised monitoring and exercise equipment needed for your programme.

Every Cardiac Solution programme is designed around your specific needs. All programmes are created and delivered by a highly qualified BACR cardiac exercise professional. This same professional stays with you throughout the whole programme.

Although a continuation programme is available through Vida Wellness, our hope is that you will gain the confidence and knowledge that on completion of the programme you can continue on your own.

The Cardiac Solution programme costs £840. The initial consultation costs £95.

How do I start?

It couldn't be simpler. Call us today and we'll be able to tell you within a few minutes if Cardiac Solution is right for you.

Our number is charged at a local rate, even if you're calling from a mobile: 0333 1234 334.

“One on one instruction to help you strengthen and maintain a healthier heart”

Important information for health professionals

Cardiac Solution is designed to complement the advice and services offered from within the NHS and private sector. We work with GPs, cardiologists and cardiac rehabilitation teams to ensure the patient receives a comprehensive and successful cardiac programme.

We can help patients who have established heart disease, have experienced an acute cardiac event and/or received further cardiac procedures.

Individuals from the following groups can benefit from a Cardiac Solution programme: Stable angina, post myocardial infarction, post coronary artery bypass graft surgery, post percutaneous coronary intervention, post valve replacement, stable chronic heart failure, implanted cardioverter defibrillator, permanent pacemaker, and post cardiac transplant.

Primary Care Referral:

Patients who have heart disease (who haven't had a heart attack or a cardiac procedure), and those who have had a heart attack or a cardiac procedure (more than six months ago), can be referred to us using a 'BACR CHD GP Exercise on Referral Form'.

Cardiac Rehab Referral:

Patients whose heart attack or cardiac procedure was less than six months ago must be referred by their local Cardiac Rehabilitation Phase III provider via the 'BACR Phase III to Phase IV Transfer Form'.

If you have any questions, please contact us. Copies of all forms can be found on our website.

About Vida Wellness

Vida Wellness runs exercise and wellbeing programmes including Cardiac Solution. Our Strong Foundations exercise classes, recently featured on BBC Radio 4, include strength and balance training, stretching and tai chi. These invigorating classes are led by inspiring instructors, in fun and sociable groups. You will feel stronger and more supple, with lots of energy. Strong Foundations classes are held in Wimbledon and other locations – please contact us for details and to book your free taster session.

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