

## A word from our Director:



**Amit K. Singh, MD, FACC, FASNC**  
Medical Director, Cayuga Heart  
Institute and Cardiac Rehabilitation  
Medical Subdivision Leader

*"Many studies have unequivocally shown that patients with certain cardiac diagnoses can expect to have better outcomes and more successful recoveries when they participate in cardiac rehabilitation. We now know*

*that within these programs, medically monitored exercise and lifestyle counseling is an integral and well validated tool for both the management and prevention of heart disease. At Cayuga Medical Center we are proud to provide the highest quality cardiac rehabilitation program possible, delivered with expertise and compassion."*



A Collaborative Partner of Cayuga Medical Center



**Cayuga Center for  
Healthy Living**  
310 Taughannock Blvd.  
3rd Floor  
Ithaca, NY 14850  
(607) 252-3590  
[cayugawellness.org](http://cayugawellness.org)

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Cayuga Center for Healthy Living



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# Cardiac Rehabilitation

GETTING BACK A HEART HEALTHY LIFESTYLE



CAYUGA CENTER FOR HEALTHY LIVING



## Cayuga Center for Health Living Cardiac Rehabilitation Program

Our nationally accredited cardiac rehabilitation program can help you recover and manage your disease with healthy lifestyle and reduce your risk for future heart problems.

### Our program features:

- Monitored exercise
- Individualized fitness programming
- Heart-healthy diet counseling
- Weight management
- Tobacco cessation

Cardiac rehabilitation is a medically supervised exercise program designed to help people recover from heart attacks, heart surgery and percutaneous coronary intervention (*PCI*) procedures such as stenting and angioplasty. Cardiac rehab is also used as a complementary therapy for chronic conditions such as angina and chronic heart failure.

Exercise sessions are held twice weekly. They are telemetry monitored, and led by a team of experienced nurses and exercise physiologists. In addition to exercise, participants are offered lifestyle education and counseling services at the Cayuga Center for Healthy Living. Here, patients are guided to make heart-healthy decisions to reduce the risk of future events, including heart attacks. Counseling may include heart-healthy diet, weight management, tobacco cessation and diabetic management.

Cardiac Rehabilitation at Cayuga Medical Center is a nationally accredited program and certified through the American Association of Cardiovascular and Pulmonary Rehabilitation (*AACVPR*).

# AACVPR

American Association of Cardiovascular  
and Pulmonary Rehabilitation

Promoting Health & Preventing Disease

