

## Programme Details

Participants are required to attend two sessions per week for six weeks. During these sessions exercise response is closely monitored and individualised progressions given.

In order to allow for a carefully structured and personalised approach, each group comprises a maximum of 12 participants.

Partners are encouraged to attend any or all sessions.

### The programme includes:



#### Initial one-on-one consultation (approx 60 mins)

Comprehensive pre-screening and assessment around the nature of your condition, treatment, medications, and other medical issues. We will also cover your exercise history, lifestyle factors and goals.



#### 12 supervised exercise sessions (60 mins each)

Aerobic exercise to strengthen the cardiovascular system, resistance, balance, flexibility, relaxation and brain training.



#### Graduation consultation (30 mins)

Formulation of a future personalised exercise and lifestyle plan.



## Eligibility

People with any of the following conditions are eligible for the programme:

- Heart Attack (MI) CABG
- Angioplasty (stent), Valve Surgery
- Stable Angina, Atrial Fibrillation
- Coronary Artery Diseases
- Heart Failure
- Post-Operative Cardiac Surgery

## Entry Criteria

All participants must be medically stable and are required to gain clearance from their cardiologist, surgeon or GP. This is normally given between 2 - 6 weeks post-event.

## BounceBACK Trainers

The BounceBACK trainers hold Cardiac Rehabilitation qualifications from the UK (Phase IV) as well as GP Referral (UK) and Exercise as Medicine NZ certifications. Prior to starting the programme, the trainers will receive a full briefing from your cardiologist or surgeon on the nature of your event, treatment, medications, exercise capacity and other conditions. And, throughout your recovery, you will be closely monitored in order to ensure that you are exercising at the optimal intensity.

## Venue, Times and Cost

**Bodyfix Gym**, 29 Leeds St, Phillipstown, Christchurch  
(see reverse for map)

**TUESDAYS and FRIDAYS** from 2.15pm - 3.30pm

**Cost:** \$995 (inc. GST)

Payment can be made in two instalments.

## 12 Other Benefits of Exercise

1. Lifts mood and reduces anxiety and depression.
2. Improves sleep quality and increases energy levels.
3. Builds bone strength.
4. Manages stress by dissipating cortisol.
5. Builds muscle to counter sarcopenia (muscle loss).
6. Improves cognitive function with the production of BDNF (Brain Derived Neurotrophic Factor)
7. Helps with managing a healthy weight and reducing waist/hip ratio.
8. Reduces insulin sensitivity which, in turn, improves blood glucose levels.
9. Increases HDL (good) cholesterol.
10. Reduces blood pressure by improving the vasodilatory response of blood vessels.
11. Improves balance and co-ordination to reduce risk of falls.
12. Promotes lung health and improves breathing.

### BOOK YOUR PLACE NOW

As numbers are limited for this programme, patients should express interest **PRIOR** to their surgery by

emailing [kris@eamnz.com](mailto:kris@eamnz.com)  
or calling 021 262 8886

## Contact Us

Kris Tynan  
[kris@eamnz.com](mailto:kris@eamnz.com)  
021 262 8886

Tim Webster  
[tim@eamnz.com](mailto:tim@eamnz.com)  
021 022 82551



**BounceBACK**  
Structured Exercise for Cardiac Recovery

[exercisemedicinenz.com/bounceback](http://exercisemedicinenz.com/bounceback)

## Why is exercise so important after a cardiac event, diagnosis or operation?

The thought of exercising after a cardiac event can be scary, but any fears should be allayed by a plethora of research suggesting that people who undertake the right kind of exercise significantly decrease their chances of having a future event.

**It's those who DON'T exercise who are at more risk.**

The heart is like any other muscle in that, in order to keep it healthy, it needs to be challenged. In simple terms this means increasing the heart rate for a period of time.

The role of skilled exercise professionals who are trained in cardiac rehabilitation is to determine how hard the heart needs to work and for how long, starting at a low intensity and slowly progressing,

In addition to getting you fitter and stronger, a professional recovery programme will teach you what you need to know about how to exercise effectively and give you the confidence to continue when the supervised programme is completed.

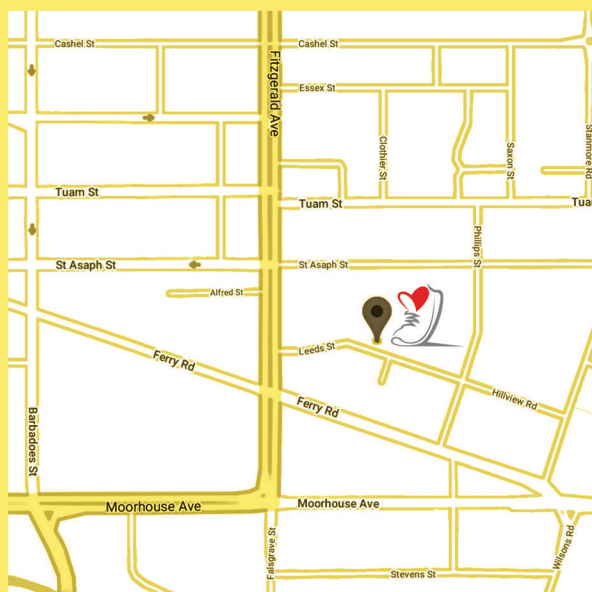


“ An exercise programme is a key part of the recovery process following a cardiac event and I strongly recommend that you make this investment in your future health. ”

**HARSH SINGH**  
Cardiac Surgeon, HeartCentre, Canterbury.

## VENUE

Bodyfix Gym  
29 Leeds St., Phillipstown, Christchurch.



FREE parking on site.  
Changing facilities and showers are available.



**BounceBACK**  
Structured Exercise for Cardiac Recovery

[exercisemedicinenz.com/bounceback](http://exercisemedicinenz.com/bounceback)



**BounceBACK**  
Structured Exercise  
for Cardiac Recovery



BounceBACK is a fully supervised six-week exercise programme designed to restore health, fitness, wellbeing and confidence following a cardiac event.

Research says people who complete a supervised exercise programme like BounceBACK are significantly less likely to experience another cardiac event when compared to those who were not referred to such a programme.



In association with:

