

# Doylestown Health HeartStrong



## What is HeartStrong?

Heart Strong is a unique exercise program for patients who've participated in Doylestown Health Cardiac Rehabilitation and want to maintain optimal heart and vascular health.

## Who is the Program for?

You could benefit from Heart Strong if you've been involved in cardiac rehabilitation and have experienced:

- Heart Attack
- Heart Failure
- Coronary Artery Disease
- Bypass Surgery
- Stent Procedure
- Heart Valve Repair or Surgery
- Heart Transplant
- Lung Transplant
- Angina

## What are the Benefits?

By participating in Heart Strong, you will become stronger, improve your fitness level, and may even lose weight. Also, being involved in the program makes you significantly less likely to experience another adverse heart event.

If it's been six months or longer since you've exercised, you need a referral from your Doylestown Health cardiologist.

## What is Included?

Heart Strong is **\$395 for a six-week program** that includes:

- Initial consultation appointment with a cardiac rehab certified personal trainer to discuss your goals and establish an exercise plan
- Two thirty-minute sessions per week with a personal trainer
- Full access to YMCA of Bucks and Hunterdon Counties facilities during the duration of the program

*Members who have graduated from Doylestown Health Cardiac Rehabilitation may opt to purchase the Heart Strong Training Package or any Fitness Training Package available to members and will be paired with a Heart Strong trainer.*

**For more information, please contact the YMCA  
of Bucks and Hunterdon Counties | 215.348.8131  
HeartStrong@YMCAbhc.org | YMCAbhc.org/HeartStrong**

