

Doylestown Health HeartStrong



What is Heart Strong?

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

A collaboration between Doylestown Health and community gyms, the Heart Strong program keeps patients fit with prescribed exercises from their cardiac rehab team.

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 would need a referral from your Doylestown Health cardiologist. If you have continued exercising after graduating within one year from Doylestown Hospital Cardiac Rehabilitation, you can contact cardiac rehab for a list of participating Heart Strong community gyms.

For more information, please contact Cornerstone Clubs:
Doylestown: 215.794.3700 | New Hope: 215.862.2200
www.CornerstoneClubs.com

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