

## Cardiopulmonary Wellness Program

**A Helen Hayes Hospital Wellness Center program designed for patients with heart and/or lung disorders who wish to continue lifelong fitness.**

Helen Hayes Hospital is recognized as one of the leading rehabilitation institutions in the United States. The Cardiopulmonary Wellness Program is designed for patients with cardiac and/or lung disorders who have graduated from a monitored cardiac or pulmonary program.

### Goals

- ♥ Increase functional capacity
- ♥ Decrease the risk for future incidents
- ♥ Encourage a healthy lifestyle
- ♥ Increase understanding of cardiac and pulmonary disease, medications, and lifestyle

The program consists of exercise sessions supervised by a trained therapist. The exercise sessions are individualized based on patient goals, current fitness level, medical complications and disabilities (if any). Patients must be referred by their physician or a cardiac or pulmonary rehabilitation specialist.

### Program Structure

- ♥ Supervised Exercise Classes with:
  - Nu-Steps
  - Stationary cycles
  - Treadmills
  - Stair Steppers
  - Recumbent Bikes
  - Upper Body Cycles
  - Ellipticals
  - Weight Training Equipment
- ♥ Professionally developed exercise prescription
- ♥ Individualized exercise programs

Exercise sessions are offered in a convenient and comfortable setting by a team of professionals who specialize in cardiac and pulmonary rehabilitation.

A complete cardio pulmonary laboratory is on premises, including exercise testing and pulmonary function testing.

### Eligibility

- ♥ Individuals with a diagnosis of cardiac and/or pulmonary disease
- ♥ Monitored cardiac or pulmonary program graduate.
- ♥ Physician or rehabilitation specialist referral
- ♥ Exercise stress test within the last 12 months

The program operates under the direction of Dr. Steven Lichtman, an exercise physiologist, and is medically supervised by a board certified pulmonologist, Dr. John Pellicone, and a board certified cardiologist, Dr. Marjorie King.

Helen Hayes Hospital is one of the nation's leading speciality hospitals, providing innovative care and treatment to people with physical disabilities and chronic disabling diseases, and is affiliated with Columbia Presbyterian Medical Center.

### General Information

Sessions are held at various times during the day, Monday through Friday. Cost of the program is \$48-72 per month depending on the number of sessions per week. Parking is free for program participants.

**For more information and referral, call 845-786-4727.**



### Helen Hayes Hospital Wellness Center Programs

Helen Hayes Hospital offers a range of other programs that include:

- Osteoporosis Prevention
- Osteoporosis Treatment
- Employee Health Program
- Pool
- Yoga
- Ai Chi
- Adapted Sports