

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 recreational 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.

Eligibility

- ♥ Individuals with a diagnosis of cardiac and/or pulmonary disease
- ♥ Monitored cardiac or pulmonary program graduate.
- ♥ Physician or rehabilitation specialist referral

General Information

The Wellness Center is open Monday through Friday. Cost of the program is based on number of days/week you choose to attend each month.

Parking is free for program participants.

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



Therapeutic Recreation Wellness Programs

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

- Osteoporosis Prevention/Exercise
- Therapeutic Pool
- Adapted Fitness Aquatic Program
- Yoga
- Ai Chi
- Adapted Sports & Recreation
- Massage/Reiki