

What is cardiac rehabilitation?

Cardiac rehabilitation is a program to help you improve your overall health and well-being for people who are recently recovering from a heart attack, cardiac condition, heart surgery, heart failure or at risk of a cardiac condition.

The HeartStart team provide a comprehensive evidence-based program offering support with exercise and education that is led by a team of health professionals.

HeartStart Phase 2 cardiac rehabilitation is delivered over 8 weeks, and includes regular supervised exercise and/or home-exercise. Public funding to support participation in the standard program is available to those meeting clinical criteria.

About HeartStart

HeartStart has been providing supervised cardiac rehabilitation services to the residents of Bundaberg and surrounding areas since 1990.

The HeartStart programs are operated by Bundaberg Health Promotions Ltd, a not-for-profit organisation.

Benefits of HeartStart cardiac rehab

- ♥ Improved quality of life
- ♥ Reduced anxiety and depression
- ♥ Supervised exercise gym sessions
- ♥ Personalised gym exercises to suit your ability

- ♥ Education in management of your cardiac condition
- ♥ Assists with reducing fatigue following a heart event
- ♥ Decreased risk of having heart problems in the future
- ♥ Collaboration with your GP and cardiologist to provide the best quality care

Phase 2 HeartStart Program Process

Step 1: Appointment with Registered Nurse to discuss your referral, health history, cardiac risk factors, and program participation tailored to your individual requirements.

Step 2: Exercise Assessment/Six-minute walk test, appointment with a Physiotherapist. Complete a six-minute walk test, this is a baseline sub-maximal exercise test and discuss exercise recommendations and options. A report will be sent to your referrer and GP.

Step 3: Commence your chosen 8-week exercise program option. As well as focus on healthy heart lifestyle risk factor modifications.

Step 4: Post 8-week Review/Six-minute walk test. Clients will meet with the Physiotherapist to repeat exercise testing, discuss results, progress outcomes and further goals. A report will be sent to your referrer and GP.

Appropriate exercise is recommended to be completed at least 2-3 days a week, and preferably 5 -7 days/week.

HeartStart cardiac rehabilitation offers the following exercise options.

Gym Program

This program provides patients with supervised exercise in group sessions at Branyan Clinic with a physiotherapist.

The sessions are 45 minutes in length, and are tailored to the individual.

Sessions are scheduled twice weekly for 8 weeks.



2023 Gym Class Times:

Monday and Friday: 8:30am

Monday and Friday: 9:30am

Monday and Friday: 10:30am

Tuesday and Thursday: 8:30am

Tuesday and Thursday: 9:30am

Tuesday and Thursday: 3pm

Track Walking Program

The 'Cornish Walking Track' is based on a design developed by Dr Geoffrey Cornish. The walking track is a simple yet effective way to improve heart health.

Participants walk on a flat grassed area around a circuit that form a wheel from the centre. The track walk sessions are supervised by our health professionals and include paced walking, and for those that are interested, there is an option to also engage in resistance strength exercises with our Exercise Physiologist.

Location: Thornhill Street, North Bundaberg (near hockey fields, 1st Left after new bridge to north).



2023 Track Times:

Monday: 6:30am

Tuesday: 3:30pm

Wednesday: 6:30am

Thursday: 3:30pm

Home Exercise Program

A home exercise program can be combined with the supervised exercise at our gym or Track Walking, or completed as a stand-alone option.

HeartStart uses a third-party exercise software program to provide home exercise programs. PhysiApp is available in your browser, or as a free iOS or Android app, and is **free** to download and use. You will need to provide written consent to have your program created in PhysiApp.