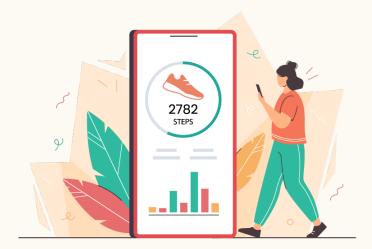
## Exercising After A Cardiac (Heart) Event



## **Reduce sedentary time by:**

- Adopting an active lifestyle through daily physical activities
- Increasing your daily step count

Seek medical clearance – get a referral for a Fitness Assessment and enrol yourself in a Supervised Cardiac Rehabilitation Programme:

- At the Singapore Heart Foundation
- Through your cardiologist at the hospital