

Goals of the Healthy Hearts Program

- Emphasize long-term lifestyle habits through coaching
- Teach participants how to exercise independently to maintain cardiovascular health.
- Build muscle strength with upper and lower body exercises.
- Improve overall flexibility.



FOND DU LAC FAMILY YMCA
90 W. Second Street
Fond du Lac, WI 54935
920.921.3330

fdlymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HEALTHY HEARTS



A cardiac rehab maintenance program to be proactive and reactive to our heart health.

FOND DU LAC FAMILY YMCA

Who is this program for?

This program is for anyone recommended by a healthcare provider due to heart health concerns. Whether managing high blood pressure, recovering from a cardiac event, or improving overall heart health, this program offers a supportive environment to build strength, increase endurance, and develop healthy habits.

- You must have proof of doctor's consent and have completed the YMCA referral form.

Program Fees:

Y Members – \$40

Community Participants – \$85

Program Details:

- This is a semi-independent exercise class with an emphasis on cardiovascular exercise, building muscular strength, flexibility, and nutrition.
- A typical session includes: dynamic stretching, cardio, resistance training & static stretching.
- This program is an 8-week program that meets 2 sessions per week.

To download the YMCA referral form for this program visit our website at fdlymca.org.



Program Testing:

Testing provided to those within the Healthy Hearts Program.

PROGRESS SCREENINGS:

- There will be a pre-test at the start of the 8-week program to get baseline measurements of where the individual is at.
- After the completion of the 8-week program there will be a post-test to see the progress that has been made.

ASSESSMENTS:

- 6 minute walk test
- Weight
- Resting blood pressure
- Waist circumference
- Resting heart rate
- Recovery heart rate
- Exercise, diet & stress check-in

Contact:

Jacob Berger
Healthy Living Coordinator

jacob.berger@fdlymca.org ✉

920.921.3330 ext. 336 ☎

fdlymca.org 🌐