

Mounts Bay FITNESS

Mounts Bay Fitness, Wesley place,
The Fradgan, Newlyn Tr18 5BE 01736 369460
www.mountsbayfitness.co.uk

Mounts bay Fitness are now offering Cardiac Rehabilitation classes on a Friday mornings between 10am and 11.30am. Exercise instructor Robbie Smith is the only accredited phase IV British Association of Cardiac Rehabilitation Instructor in Cornwall working within a health club. The class itself is based on the principle of circuit training and combines aerobic exercise along with light resistance work.

Our goal is to reduce the risk of another cardiac event or to keep an already present heart condition from deteriorating. Combining all aspects of cardiovascular rehabilitation in appropriate patients improves functional capacity and quality of life, reduces risk factors and to create a sense of well being and optimism about the future.

Any or all of the following groups can benefit from the cardiac rehabilitation class

- ✓ Mild - moderate hypertension
- ✓ Stable angina
- ✓ Post angioplasty
- ✓ Post transplant
- ✓ Post MI/ CABG
- ✓ Implanted defibrillator
- ✓ Post valve replacements

The cost of the first class will be free of charge and £3.00 thereafter.

If you think any of your patients will benefit from this type of class we would like to help.

We look forward to hearing from you.

Yours faithfully

Robbie Smith