



UCD

Better Hearts

Phase III Exercise Programme

How can I get more information?

Contact **Carmel Keane**
UCD Sports Education Officer
at 01-7163870
or email betterhearts@ucd.ie

Better Hearts Team

The UCD Better Hearts Exercise Programme is a joint initiative of UCD Sport, UCD School of Public Health, Physiotherapy & Sports Science, St Vincent's University Hospital, Heart2Heart

**Dr Caitriona Cunningham, Dr Catherine Blake,
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UCD School of Public Health, Physiotherapy
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Carmel Keane

Sport & Exercise Psychologist, UCD Sport

External Collaborators

Karen Cradock

Specialist Cardiac Physiotherapist,
Heart2Heart Cardiac Physiotherapy

The UCD Better Hearts exercise programme
is supported by **Professor Ken McDonald**

Consultant Cardiologist,
St Vincent's University Hospital
Clinical Lead National Heart Failure
Clinical Programme



University College Dublin

PHASE III

UCD Better Hearts

Phase III Exercise Programme

Leading the way to a healthier heart



When & Where

The UCD Better Hearts Phase III exercise programme is a 6 week programme and is offered throughout the year.

It takes place at UCD Sports Centre, Belfield, Dublin 4.

How to Register:

Registration takes place at the UCD Sport desk or call 01 7163870 to enquire.

Date of Commencement:

Details of dates for the UCD Better Hearts Phase III exercise programme can be received by emailing betterhearts@ucd.ie or by phoning **01 7163870**. You can also request your name to be added the database to be kept informed of the next programme



UCD Better Hearts Phase III Exercise Programme

You can add years to your life by joining the UCD Better Hearts Phase III exercise programme. Our programme helps people make long-lasting lifestyle changes that will help prevent a major heart event or reduce the risk of subsequent heart events. Our specialist cardiac physiotherapist is a leader in delivering cardiac rehabilitation and prevention programmes. In our programme, you will find the motivation and support you need to adjust to life changes following a heart event.

WHO benefits from the programme?

If you have any of the following conditions:

- Heart attack
- Heart surgery
- Heart failure
- Other heart conditions (i.e. angina, pacemaker, stenting)
- Other vascular conditions (i.e. stroke, transient ischaemic attack)
- High risk of heart disease (i.e. family history, high blood pressure, high cholesterol, diabetes)

BENEFITS of doing the programme:

The aim of the programme is to optimise your performance and reduce your risk of a one or another cardiac event.

- Improve your energy levels
- Improve your independence
- Reduce your blood pressure
- Reduce your cholesterol levels
- Improve your quality of life
- Improve your life expectancy
- Increase your confidence
- Make you feel less isolated as you meet people who have gone through a similar experience
- Improve your knowledge on cardiac disease

Our programme helps people make long-lasting lifestyle changes that will help prevent a major heart event or reduce the risk of subsequent heart events.

Features of the Programme

- Small group session
- Education and Exercise combination in each class
- Social Support from other people with a heart condition
- Opportunity to progress onto the UCD Better Hearts Phase IV exercise programme now on offer at UCD Sports Centre

What the Programme Involves:

Week 1

You will perform an initial assessment which will be carried out by our specialist cardiac physiotherapist to allow us tailor the exercises suitable to your level of fitness.

Week 2 – 6

You will take part in an exercise class which will include interactive education discussion covering a range of topics including modifying your cardiac risk factors, healthy eating for your heart health, and guidelines for exercise safety.

*During week 6 you will be reassessed by our specialist cardiac physiotherapist and your cardiac risk factors will be re-evaluated.