



Our cardiac rehab program can help you:

- Increase energy
- Decrease body fat
- Lower blood pressure
- Improve endurance and strength
- Decrease cholesterol
- Improve blood sugar control

It's Time to Improve Your **Strength** and **Quality of Life** with Pritikin Cardiac Rehab

Having a heart event can be a challenging and emotional experience. As you begin your recovery, Cardio Metabolic Institute and Pritikin are ready to help you.

CMI will provide the support and education you need as you commit to a new, healthier lifestyle. Your cardiac rehab team will consist of experts in the fields of exercise, medicine, nutrition and mental health. Together, they will monitor your progress and help you achieve your health and wellness goals.

Through the Pritikin Program at CMI, you'll experience:

- **Medically-supervised exercise**
- **Education that focuses on a healthy mind-set and an eating plan for reducing heart disease**
- *Plus...*

Healthy Cooking Classes:

- Adding Flavor – Sodium-Free
- Fast and Healthy Breakfasts
- Appetizers and Snacks
- Delicious Desserts
- Fast Evening Meals

Nutrition Workshops:

- Fueling a Healthy Body
- Targeting Your Nutrition Priorities
- Menus and Dining Out
- Label Reading

Healthy Mind-Set Workshops:

- Stress and Health
- Taking Charge of Stress
- New Thoughts, New Behaviors
- Managing Moods and Behaviors
- Tobacco Cessation (*optional*)

As you begin your recovery, what's your reason for living a longer, healthier life? Travel, grandchildren, reduced medical costs? No matter the reason, the Cardio Metabolic Institute and Pritikin are ready to help you. For more information, contact us at 732-846-7000 Option 6 or wellness@cminj.com

