



Move Well...
Live Well

Community Cardiac Rehab

Specialist exercise groups designed to help improve your cardiovascular health if you have heart disease, have experienced a heart attack or heart surgery.



For more info visit:
solihullonthemove.co.uk



The **active wellbeing hub** is part of Solihull Active, Solihull MBC and our leisure management company

Community Cardiac Rehab: These 1-hour sessions involve a gentle exercise circuit/programme, which is adapted to everyone's individual needs/capabilities.

What to expect: A fun and friendly atmosphere, qualified BACPR exercise instructors, plenty of support and advice.

Venue and session details:

- ❖ Mondays 2:30-3:30pm at Tudor Grange Leisure Centre, Blossomfield Rd, Solihull, B91 1NB – Based in a studio room. £4.20* per session, book via 0121 705 6371.
- ❖ Tuesdays 12:00-1:00pm at North Solihull Sports Centre, Conway Road, Chelmsley Wood, B37 5LA – Based in the gym. £3.55* per session, book via 0121 770 3822.

*Please note prices are subject to change.

To join: A signed referral form is needed from either your hospital Cardiac Rehab team or a GP at your surgery. Once you have a completed referral form, you can register online to join the group. This will save you time at your first exercise session, however if you do not have internet access you can still register in person at your first class.

Pre-register by scanning the QR code with your mobile phone's camera and complete the form.



Class Bookings: You can book classes up to a week in advance. Book your first class by calling the leisure centre, then future classes can be booked online, by phone or in person. Please arrive for your first class 15 minutes early, as you will need to register if you haven't already, and the exercise specialist will get to know you and your health.

What to bring: Your referral form, your GTN spray/tablets (if you have them), bottle of water, your blood glucose monitor (if diabetic), your fast-acting bronchodilator (if asthmatic). Wear comfortable clothing and trainers/flat shoes.

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