

NEWS RELEASE

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Heart Disease Prevention and Education Programs Offer Personal Regimen Options

New Heart: Wellness, Fitness and Cardiac Rehabilitation has announced a new array of specialized programs, including various programs for the prevention of heart disease. Participants can choose either a self-managed exercise program or a personalized program in which New Heart's team of exercise physiologists creates a personalized work-out regimen. Staff monitor each program, keeping track of blood pressure, heart rate and blood sugar (if needed) and guide the patient through a progression that will help to achieve health and fitness goals. Cost is \$25, \$35, or \$40 per month.

Patients can also utilize tools such as the Cardiovascular Risk Profile w/HRA & Health Coaching Sessions. This package establishes health goals and gets participants on the road to making lifestyle changes that will help reach those goals. The cardiovascular risk profile includes a lipid and blood sugar test, a target heart rate walk test, body weight and measures and a discussion of results. Participants will also complete an online health risk assessment that gives information about a wider range of health issues. There will then be one in-person and three telephone consultations with a health coach who will help focus participant's goals into a manageable, sustainable plan. Cost is \$175.

New Heart, founded in 1975, is a nonprofit heart disease prevention and rehabilitation facility. It offers traditional program elements such as exercise, cholesterol management, and nutritional guidance, key factors impacting the progression or regression of disease. In addition, New Heart also explores other practices of health and healing in order to address all dimensions of wellness. A wide range of ongoing therapies such as Mindfulness Meditation, Tai Chi, Health Coaching, Journaling for Wellness and Music Therapy are available. Educational classes as well as patient and spousal support groups are also important New Heart program components.

New Heart is located at 601 Lomas Blvd NE in Albuquerque. (505) 881-8195. www.newheartnm.org