

Cardiovascular Wellness Programs to Reduce Your Risk and Enhance Your Life

Cardiac Prehabilitation (Cardiac Prehab): a proactive and preventative program designed to minimize risk for a first event.

What do the programs entail?

- Medically accepted and approved protocol to develop life-changing habits that help prevent heart attacks or strokes
- 36 sessions over a course of 12 weeks, customized to fit each client's needs
- A team of exercise and health professionals guiding you every step of the way

Am I a qualified candidate for these programs? *

If you care about improving your health and mitigating cardiac risks, you are ready. We do work with a wide network of physicians and their patients, though you do not need a physician's referral or prescription to start the program.

Who is part of the team?

1. Exercise Physiologist: Professionally supervised exercise with state-of-the-art equipment
2. Dietitian: Nutritional coaching to adopt an easily implemented, heart-healthy diet
3. Yoga and Meditation Expert: Stress management with mind and body relaxation techniques
4. Personal Concierge: Attentive care to ensure a comfortable and goal-achieving experience
5. Loved Ones: Family participation highly encouraged for incomparable support



VIP Treatment

Our process places you at the center of your care. Every Cardiac Prehab and Cardiac Rehab client will have a dedicated concierge that works closely with you to develop a personally tailored plan of care to address your specific wants and needs.



Constant Support

Ready to Begin? So are we. Avoid long waitlists and impersonal care in a hospital environment. As a private facility, we have the flexibility to not only begin immediately but to work around your schedule.



COVID Conscious

We are always up to date with the latest COVID-19 practices and maintain the safest environment possible for our clients.

Am I a candidate for Cardiac Prehab?

If you have not had a recent heart attack and have any of the following risk factors you are a candidate and can book a no commitment session for a professional assessment :

- High blood pressure • High cholesterol • Sedentary lifestyle • More than 20lbs over target weight
- Family history of heart disease • Diabetic • Current or former smoker

For more information or to refer a patient, please email manager@thevillagesgym.com, or call 832-649-3902 to enroll today.

* Patients with active heart failure are not candidates for this program and will need a physician's clearance to begin this program after treatment.