

Goal Setting

Where do I begin?

After your cardiac event, you may be having to adjust how you do things. It can be overwhelming to understand how daily habits, like physical activities and eating, affect your heart health. This process of change takes time.

Getting started is the **key** to progress!

Intuitively, **you know what's best** for your heart recovery, including:

- Building muscle strength in your heart with exercise
- Nourishing your body cells by making healthier food choices
- Managing your blood pressure by taking your prescribed medications

Your **team of experts** in the Cardiac Rehab Home Program can **coach and support** you! We help **you feel confident** in your ability to make lasting **positive changes**. We focus on **heart health**!

Studies show, if you participate in a cardiac rehab program you:

- Improve how your body functions
- Improve your quality of life
- Decrease your risk of dying early
- Feel better in mind and body

The **program works** when **you work** the program!

- The program is guaranteed to work when you fully embrace it. We'll walk alongside every step of the way!

To get the most from your home program experience, **we expect you to**:

- Complete your initial SMART goal. Do this at the start of your home program
- Do your exercise prescription. Track activity in your exercise diary
- Participate in the weekly online video education classes
- Make time for your one-to-one telephone counselling sessions

What is my 'why' for heart health?

- Your "why" factor is the basic reason for having a goal
- What do you want to feel like in the future?
- **My why is because**_____

What is your action plan (SMART goal) to achieve your 'why'?

- A SMART goal is an action that tells you what do
- Specific, Measureable, Achievable, Realistic and Time-focused

You'll find it's easier to add in something new versus take away something old. For example, adding in a fruit at supper versus taking away a cookie. A SMART goal for a new behavior tells you exactly what action steps you need to take to get there. A SMART goal for exercise could look like this:

I will walk for 30 minutes in my neighborhood four days a week @7:30-8am.

Specific is the 'what' am I going to do? walk

Measure is the 'how much' am I going to do it? 30 minutes

Achievable is the 'where' will I do it? neighborhood

Realistic is the 'how often' will I do it? four days a week

Time is the 'when' I will do it. 7:30-8am

My SMART goal/action plan is:

My confidence rating that I can do this plan is (1 being not confident at all and 10 being fully confident):

1 2 3 4 5 6 7 8 9 10

For more information go to: smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/