

**BRITISH ASSOCIATION FOR  
CARDIOVASCULAR PREVENTION  
AND REHABILITATION**



**Phase IV  
Exercise Sessions  
in the  
Forest of Dean**



**Forest of Dean**  
— DISTRICT COUNCIL —

## **What is BACPR?**

- The British Association for Cardiovascular Prevention and Rehabilitation (BACPR) is a national organisation for professionals involved in the field of cardiac rehabilitation, and an affiliated group of the British Cardiovascular Society.

## **WHAT IS PHASE IV?**

Phase IV Cardiac Rehab is a community based rehabilitation service that continues on from Phase III.

A cardiac Rehabilitation Instructor who has been trained by BACPR delivers the programme. The session format is similar to that of the Phase III with a chance to socialise afterwards. Depending on class size, partners may be invited to join in.

## **CAN ANYONE PARTICIPATE?**

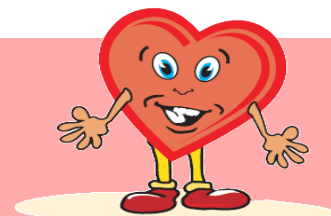
To join the Phase IV exercise class you will need to have completed the BACPR Phase III classes (at the end of Phase III you will be offered a transfer to Phase IV) and/or you will require a formal assessment and transfer from your GP. Partners joining in will be required to complete a pre-exercise questionnaire.

## **WHAT DO I WEAR?**

You will need to wear comfortable loose clothing and flat shoes/trainers. You will need a small towel and if you own one please bring your heart rate monitor. Water will be provided throughout the exercise session.

## **WHAT HAPPENS NOW?**

For more information and to arrange your initial assessment with the cardiac rehabilitation advisor, please contact Community Engagement on 01594 812617



This document can be made available on audiotape, in Braille, large print, a range of languages and in other formats if required.

For further information please contact us on 01594 810000