

Our Cardiac Rehab Phase 3 program is offered through a partnership with SSM Health.

Patients who have completed Cardiac Rehab Phase 2 at SSM Health, an outpatient rehabilitation program to help patients learn how to improve their health following a heart attack or heart procedure, will be referred to Phase 3 at the Fond du Lac Family YMCA.

The Fond du Lac Family YMCA helps referred patients maintain the healthier lifestyle they began in Phase 2, by offering Phase 3 maintenance rehabilitation at the Y, to help assist in long-term success.



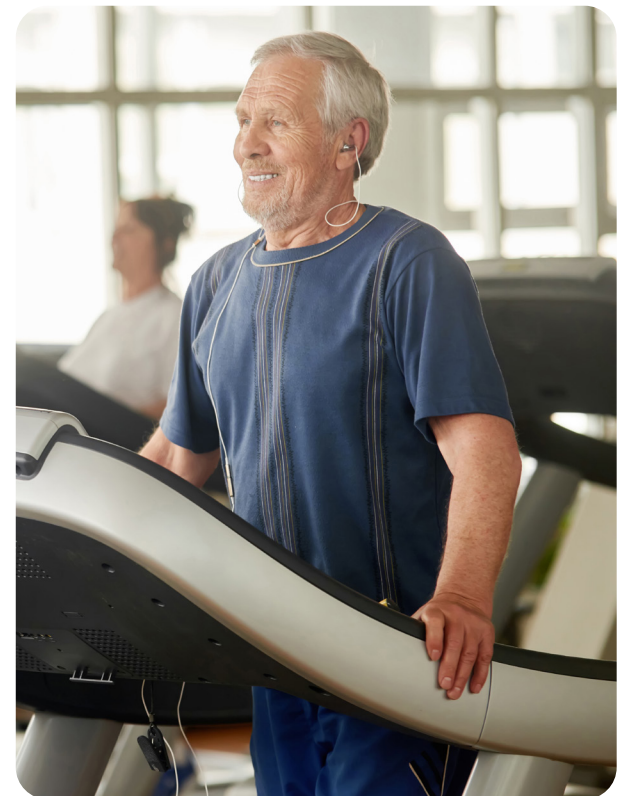
FOND DU LAC FAMILY YMCA  
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Fond du Lac, WI 54935  
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[fdlymca.org](http://fdlymca.org)



# CARDIAC REHAB PHASE 3

FOND DU LAC FAMILY YMCA



## REFERRAL PROCESS:

After completion of Phase 2 at SSM Health, patients will be referred to the Y by their physician. The program coordinator at the Y will contact the patient about getting started.

## MEMBERSHIP REQUIREMENT:

A membership at the Fond du Lac Family YMCA is needed to participate in the free Cardiac Rehab Phase 3 program. Financial assistance for membership is available through our Membership For All program. View our membership information on our website for details.



## WHAT IS THE GOAL OF CARDIAC REHAB PHASE 3? WHAT SHOULD I EXPECT?

Phase 3 emphasizes long-term lifestyle habits. You will build on the progress learned in Phase 2 by continuing independent exercise habits through guidance in a supervised setting, to improve and maintain your overall health.



## WHAT SORT OF EXERCISE CAN I DO?

Phase 3 is individualized based on the needs of each patient. A wide variety of fitness equipment is available in the Y's Wellness Center, including cardio and strength training machines and free weights. Group land and water fitness classes are also available. Visit our Membership Benefits page for more details.



## ASSESSMENTS:

Participant assessments are done quarterly in January, April and October.

## PROGRAM COORDINATOR:

Our program coordinator will be available for check-ins or guidance on Mondays, Wednesdays and Fridays from 10:00 am-11:00 am in the Wellness Center at the Y. Contact Jake Berger if you need to make other arrangements.

**Healthy Living Coordinator:**  
**Jake Berger**

**[jacob.berger@fdlymca.org](mailto:jacob.berger@fdlymca.org)**  
**920.921.3330 ext. 336**



## AMONG THE Y'S OFFERINGS:

- Two swimming pools, water slide, whirlpool and steam room
- Wellness Center offering LifeFitness cardio and strength training machines, free weights, and stretching area
- Two full-size gymnasiums and racquetball courts
- Four state-of-the-art fitness studios, offering live, virtual and on-demand group fitness classes
- Paid personal training
- Twelve LES MILLS™ group fitness classes available
- Discounted program fees and priority registration
- Free youth and adult health and wellness orientations
- Free FITPATH fitness assessment

