

## **PRESS RELEASE**

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**For Immediate Release**

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### **Cardiac Rehab Patients Benefit From New Resistance Machines at GCH**

GALION – December 9, 2011 – The Cardiac Rehab Department at Galion Community Hospital has added weight resistance machines to their line of exercise equipment, thanks to the proceeds of the Walt Chambers Golf Outing earlier this year. These machines offer basic weight training and resistance exercises needed to develop strength in the upper and lower body.

Strength training is especially beneficial to heart surgery patients, or individuals who have experienced a cardiac event such as a heart attack or who have had a heart stent. This type of exercise helps patients of all ages, whether they need to return to a physically-demanding job or they need improved strength to perform activities of daily living.

The American Heart Association has recognized that resistance exercise is strongly recommended for primary and secondary cardiovascular disease prevention programs. Galion Community Hospital's cardiac rehab program provides care focusing on secondary prevention of cardiovascular disease. Secondary prevention is aimed at preventing further complications in patients with existing cardiac problems.

“We are grateful to the Chambers family and for their support,” comments Cindy Roesch, Registered Nurse at Galion Community Hospital. “With this contribution, we are able to speed the process in adding these necessary pieces of equipment to our service lines.”

For more information on services at Galion Community Hospital, visit [www.avitahealth.org](http://www.avitahealth.org).

*\*Picture attached of Darlene Eichhorn, Exercise Physiologist, demonstrating how GCH’s new Cybex Functional Trainer 325 works.*

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