

Dear Cardiac Rehabilitation Participant,

We are so proud of you for taking this important step toward improving your heart health. Your commitment to the cardiac rehabilitation program is commendable, and we want to remind you that you are not alone on this journey.

Every step you take, no matter how small, is a victory. Remember, progress is progress, and it's important to celebrate your achievements along the way. The challenges you face are opportunities for growth and resilience.

As you continue with your exercises and lifestyle changes, always keep in mind the reasons you started this journey. Visualize your goals and stay focused on how far you've come.

We believe in you and your ability to transform your health. Don't hesitate to reach out for support, whether it be from your team, family, or fellow participants. Together, we can achieve greatness.

Keep pushing forward, and know that every heartbeat counts!

With encouragement,

Your Cardiac Rehabilitation Team