

HELPING PATIENTS  
EXPERIENCING  
PROLONGED  
SYMPTOMS FROM  
A COVID  
INFECTION LIVE A  
BETTER DAILY LIFE

## ABOUT US

New Heart Center for Fitness and Health offers a Covid recovery program of care designed at an individual level. The COVID recovery program provides a safe and healing place for individuals experiencing profound fatigue, shortness of breath and chest pain following a COVID infection.

## TO ENROLL



### CONTACT US



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## COVID RECOVERY PROGRAM

New  Heart  
Fitness and Health

# THE PROGRAM

- Walk test monitoring oxygen levels, heart rate, and blood pressure
- Individualized exercise prescription
- 3 exercise sessions per week for 1 to 3 months
- One on one consult with a nutrition specialist when indicated
- Lifestyle coaching for stress management
- Medication assessment
- Weight management and blood pressure monitoring

## WHO BENEFITS FROM OUR COVID RECOVERY PROGRAM?

Anyone experiencing any of the following symptoms following a personal history of COVID-19:

- Fatigue
- Hypoxia
- Shortness of Breath
- Chest Pain
- Systolic Heart Failure
- Acute Respiratory Failure
- Chronic respiratory failure
- Pneumonia due to COVID-19
- Decreased Strength
- Other pulmonary conditions



GRADUAL EXERCISE PROGRESSION AND BREATHING EXERCISES TO HELP SUPPORT YOUR RECOVERY

## GOAL

Restore or improve quality of life while reducing persistent symptoms following a COVID diagnosis:

- Reduce and gain control of symptoms
- Gradually Increase activity through individualized exercise program development
- Improve breathing through a series of breathing exercises

## BENEFITS

- Increased Energy
- Improved quality of life
- Reduced respiratory symptoms (e.g., shortness of breath)
- Increased exercise tolerance and performance
- Enhanced ability to perform activities of daily living (ADLs)