



Hearts & Souls
WORKING IN BUCKINGHAMSHIRE FOR CARDIAC REHABILITATION

We're lending you
this step counter...



We're counting on you
to look after it

About this step counter

Walking is a key part of the cardiac rehabilitation programme so the team wants to know how many steps you take each day. This step counter is lent to you by *Hearts & Souls*, the charity that supports cardiac rehabilitation in Buckinghamshire. It costs around £20 and as other patients will need it after you, please look after it carefully. And remember to remove it from your clothes before you put them in the wash.

Please return this step counter when you complete the rehab programme. We regret that we will have to ask you to replace it, if you don't. Like many patients, you may want to have a step counter permanently. If so, please ask one of the cardiac rehab team who will be happy to provide you with one in return for a donation.



If there are any problems or if you would like to chat about the step counter further, please speak to your exercise specialist or call the rehab team on 01494 734291.

How to use the step counter

Your exercise specialist has entered your details in the step counter and it is ready to use.

- ♥ Use the white clip to fix the step counter to a front pocket or your waistband each morning.
- ♥ Please wear the step counter all day.
- ♥ To see how many steps you have taken, just press the *Action* button in the middle of the step counter. To save battery power, the screen goes blank after a couple of minutes but it is still working.
- ♥ Before you go to bed press the *Action* button to see the total number of steps you have taken during the day.
- ♥ Record these steps, along with your activity, in the diary section of your *Activity Record*. It is important for the exercise specialist to know how many steps you take each day so that they may progress you appropriately.
- ♥ At midnight the step counter automatically resets to zero so it is ready to start the next day. You don't have to do anything to it.
- ♥ If you forget to record the number of steps, press the *Memo* button on the left and this will show your steps for the last seven days.

Please help us to
help other patients



The NHS does not fund the crucial exercise element of the cardiac rehabilitation programme in Buckinghamshire. The exercise sessions, the step counters, the specialist instructors, their uniforms and training depend on charitable donations. All this costs more than £20,000 a year.

Hearts & Souls is the Buckinghamshire charity dedicated to raising this money. There is no better way to thank the rehab team for their great work than by supporting us. And, of course, this will help other patients in the future.

To find out more, please pick up a leaflet in Ward 4A or visit www.heartsandsouls.org.uk



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