

Cardiac Rehab Saved Allan's Life

“When I first started I asked myself, do I have the determination to change?” said Wellness Center member Allan Marlett.

Last June, Allan joined the Wellness Center's cardiac rehab program after having a heart attack. Allan was a typical meat and potatoes man whose only exercise was short walks with his dog.

The program offered him a detailed workout routine and helped with nutrition, heart health and exercise.

“I was really impressed with the presentations at the Wellness Center. They were well done and professional,” said Allan.



After he completed the cardiac rehab program, Allan decided to continue to work out at the Wellness Center. He says the regular exercise increased his energy and stamina. He continues to take walks with his dog, but he is no longer tired halfway through.

Over the past seven months, Allan has also changed his eating habits. As a result of these changes, he has lost 35 pounds. “I never thought I'd be like this, getting back into shape. If I knew then what I know now, I would have made the change years ago,” said Allan. He and his wife are both making an effort to stay active and watch what they eat. They read food labels, avoid hydrogenated oil and have given up soda. “I don't think I would have gotten to this point without the help of the staff, especially the nurses. They are my lifesavers.”

For more information on the Wellness Center's cardiac rehab program, call 540-316-2640.