

## Exercising your heart

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**Steve Bugelli [buh-JEL-ee], cardiac rehab patient at OSF HealthCare in Danville, Illinois**

“It's made a difference. Right now, I can get up. Before, I was in the scooter. I couldn't get my groceries. I couldn't do anything. Now, I can. I can go in. I can walk. Rehabilitation is great. The girls work with you. They work with you at your own pace. You're well-monitored. And it's really helped. It changes your lifestyle.” (:22)

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**Caitlin Cole, exercise physiologist at OSF HealthCare in Danville, Illinois**

“What we do is watch their heart rate and make sure it doesn't get up to a certain level for their age. And then as they progress, we just make it a little tougher for them. Increase their speed or increase their [workout] level.” (:14)

\*\*\*SOT\*\*\*

**Brad Zorns, cardiac rehab patient at OSF HealthCare in Danville, Illinois**

“I tried to go to gyms before. You just go in there, and all they want is your money. They don't care what you do. I had trouble with my heart rate. They didn't monitor any of that stuff. I go and I'd feel worse after I'd come out.” (:17)

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**Caitlin Cole, exercise physiologist at OSF HealthCare in Danville, Illinois**

“Some people may not be able to fully walk on a treadmill for 20 minutes where other people do. And then they say ‘well, they're doing that so I can do that too.’ They push each other to be better. They know ‘OK, well you're coming tomorrow. OK, I'll come too.’” (:15)

\*\*\*SOT\*\*\*

**Tricia Herman, exercise physiologist at OSF HealthCare in Danville, Illinois**

“They've already developed, sometimes, friendships in these classes. Or bonds. Because, ‘hey, I have this and you have this.’ They know about each other's families. It feels so much easier to come into a community to do your fitness program and keep it up.” (:17)