

**CROÍ**



*Fighting Heart Disease & Stroke*



*The Surgery  
Athenry*

[www.athenrysurgery.com](http://www.athenrysurgery.com)

# Croí Heart Health & Fitness programme

A HEALTH INITIATIVE IN COLLABORATION  
WITH ATHENRY PRIMARY CARE CENTRE



Improve  
blood pressure,  
cholesterol and  
blood sugar control

Reduce weight

Improve general  
health & wellbeing

Improve movement,  
muscle strength  
and balance

**Book now for your assessment  
and personalised exercise programme  
by calling Croí on 091 893500**

**Monday Evenings**

**6.30-7.30pm**

**Athenry Primary Care Centre**

# Why you should join the Croí Health & Fitness Programme

Being physically active prevents and helps control heart disease, stroke, diabetes and obesity. This is a rolling 6-week programme specially tailored to suit all levels of fitness and ability.



## This programme will provide you with:

- ✓ Fitness classes led by a cardiac exercise specialist and delivered at a level just right for you
- ✓ Exercises designed specifically to reduce your risk of heart attack, stroke, diabetes and obesity
- ✓ Weekly heart rate monitoring and personal progress tracking
- ✓ Measurable improvement in your fitness level
- ✓ A motivating and enjoyable exercise programme that you can continue with at home

This programme is operated by Croí as a not for profit activity and is subsidised by the charity's fundraising campaigns. Accordingly the programme has a recommended contribution to cover costs and any surplus is re-invested in the development of future programmes.

## **Croí, The West of Ireland Cardiac Foundation**

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