

Cardiac Rehabilitation Video Library

Video Library: allinahealth.healthclips.com



Allina Health has videos for both new and existing heart disease that can help you understand your diagnosis, make positive lifestyle changes and work toward a healthier heart.

Scan the QR codes with your smart phone to watch trusted, easy-to-understand health and wellness videos.

Uncontrollable risk factors for vascular disease



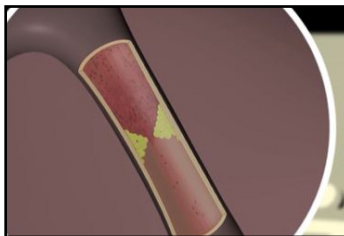
Watch this video to understand what types of risk factors you **can't control** and why it's important to know them.

Controllable risk factors for vascular disease



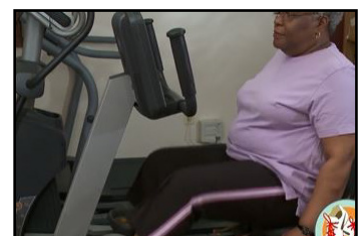
Watch this video to understand what types of risk factors you **can control** and how you can make a plan to change them.

High cholesterol



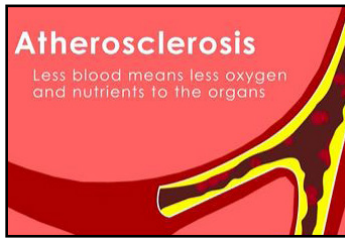
Watch this video to learn what cholesterol is and how it affects you.

How to manage high cholesterol



Watch this video to learn how to keep your cholesterol in a healthy range.

Diabetes



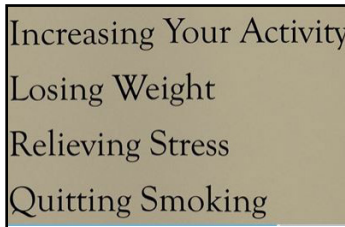
Watch this video to learn how diabetes and heart disease are connected.

How to manage diabetes



Watch this video to learn how to manage diabetes and heart disease.

High blood pressure



Watch this video to learn about high blood pressure and how to manage it.

Exercise



Watch this video to learn how exercise is one of the best things you can do.

Smoking



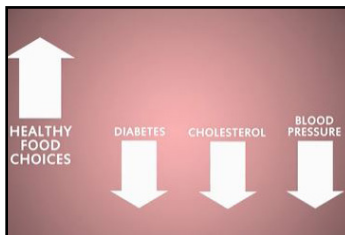
Watch this video to learn how smoking damages your body, and how to quit.

Stress



Watch this video to learn how stress harms your body, and to reduce it.

Diet



Watch this video to learn which foods to eat and which to limit for heart health.

Other videos to watch

- heart failure (about and symptoms)
- heart attack (basics and angina)
- peripheral artery disease (PAD)
- angioplasty and stenting
- valve disease and replacement
- coronary artery bypass surgery