

CARDIAC ATHLETES

If you are a heart patient who has gone on to make such a good recovery that your doctor has agreed to let you return to your favourite sport, then this website, is dedicated to you.



The site looks good. The resources and information are excellent but most of all being able to connect with others who face similar challenges is so great. I can't begin to tell you what this means to me. Thank you ! " Dave

" You will find good company here and you will get a lot of great advice to make things a bit easier. " Trish

" You will find the members here to be very supportive and a wealth of information. " Kirtley

" I love the expression - 'cardiac athletes' and your recognition that our group of heart patients are pioneers in the sense of trying to figure out how full a life we can lead after open heart surgery. " Mark



" The folks on this site are very inspiring. They have encouraged me and offered advice along the way. Everyone is so positive ! " Deb



" There's a great bunch of people on this site all with something 'significant' in common and there's plenty of good advice as well as some humorous banter. " Robert

" There seems to be plenty of forums for exercise and plenty for heart disease, but not many combine the two. Well done ! " Ken

" I'd just like to add my sincere welcome to CA and reassure you that you will get loads of support and advice from the guys and gals. " Brian



www.cardiacathletes.org