



About Cardiac Athletes

Founded in 2001, Cardiac Athletes is an international network of heart patients who are active in a variety of competitive and recreational sports. After a diagnosis or cardiac intervention, active individuals can feel a sense of loss and isolation. Our purpose is to offer hope, encouragement and an uplifting support community for individuals of all ages and abilities who wish to continue with their chosen sport following medical clearance by their personal physicians. Through our Internet-based social networking infrastructure, our members are able to navigate across geographies to connect with other individuals who have similar medical histories, conditions, interests and concerns. We provide:

Reassurance

- That others with similar conditions have safely returned to active lifestyles
- That sports participation can be a healthy and rewarding aspect of an individual's life, despite adjustments that may be imposed by condition, treatment, or medically necessary activity modification

Encouragement

- To follow prescribed treatment and activity regimens
- To set and achieve goals consistent with the medical guidance obtained from their personal physicians

Perspective

- To focus on possibilities instead of limitations
- To define sport success in terms of personal achievement within the constraints of personal circumstances

In addition to involvement in our active online community, many of our members regularly convene at regional sports events to participate or to cheer each other on. We also collaborate with local and regional groups that share our commitment to promote an active, heart-healthy lifestyle.

To learn more, please visit us on the web at www.cardiacathletes.org.



Network Member