

HEALTHY HEART PROGRAM

For Cardiac & Pulmonary Rehabilitation Graduates

Program Overview

Graduation from Sutter Health's Cardiac Rehabilitation Program represents an important transition point in a patient's recovery. Ongoing participation in a structured, supervised exercise program is strongly associated with improved cardiovascular outcomes, functional capacity, and reduced risk of recurrent cardiac events.

The Healthy Heart Program at Roseville Health & Wellness Center provides a clinically supervised environment designed to support long-term cardiovascular health. Participants engage in continued individualized cardiovascular conditioning while being introduced to evidence-based strength and balance training that supports long-term health.

Program Schedule

Supervised Exercise Sessions

Monday & Wednesday | 11:00 AM – 12:00 PM

Independent Exercise Hours

Tuesday & Thursday | 7:00 AM – 12:00 PM

Monday, Wednesday & Friday | 11:00 AM – 12:00 PM

Meet Agnes



"Before making a decision to enroll at RHWC I could not walk from my car to the supermarket, now I can run". Agnes regained control of her health after being referred by Sutter cardiac rehab program, since starting at RHWC she's gone from a size 20 to size 4, she's lost 54 pounds and her doctor is impressed at how she's reversed diabetes and no longer requires her blood pressure meds. "Thanks to the structured care & expert training at Roseville Health & Wellness Center I now enjoy a greater quality of life"

Clinical Excellence & Recognition

Roseville Health & Wellness Center has been designated the #1 Medically-Based Wellness Center in the United States by the American College of Sports Medicine Medical Fitness Association

For program information or to schedule a tour:
Kaitlyn Wise or Jeff DeRaps | (916) 677-1200

Roseville Health & Wellness Center
1650 Lead Hill Blvd, Roseville, CA