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**РУСЕНСКИ УНИВЕРСИТЕТ „Ангел Кънчев“**  
**UNIVERSITY OF RUSE „Angel Kanchev“**

# **НАУЧНИ ТРУДОВЕ**

Том 51, серия 8.1

Здравна промоция и превенция

# **НАУЧНЫЕ ТРУДЫ**

Том 51, серия 8.1

Укрепление здоровья и профилактика

# **PROCEEDINGS**

Volume 51, book 8.1

Health promotion and prevention

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## Основни принципи на кардиорехабилитацията

Таня Мегова

**Basic principles of cardiac rehabilitation.** Rehabilitation is a return to an active and fulfilling lifestyle. The principles for building a program in cardiac rehabilitation are - applied intensity exercise, control intensity - based on heart rate, dosage of exercise, frequency of classes and their duration.

**Key words:** cardiac rehabilitation, intensity, physical activity.