

# Association Luxembourgeoise des Groupes Sportifs pour Cardiaques

## Section "Sud"

### What is ALGSC?

Founded in 1984, the "Association Luxembourgeoise des Groupes Sportifs pour Cardiaques" (ALGSC) is a non-profit association subdivided in three regional sections: south, centre, and north. The main objective of the ALGSC is to inform cardiac patients and the general population about cardiovascular topics and, especially, to offer various sports activities to cardiac patients in order to improve their quality of life and prognosis.

### Offer in the way of physical activity

ALGSC offers more than 17 hours of training sessions per week. Training sessions are adapted for patients with heart diseases. The different groups aim to improve physical fitness and well-being, by adapted training exercises, and thus to decrease the risk of further cardiac events.






### Types of exercises offered

Since 1991, a large number of activities is on offer in the ALGSC section "Sud": general gymnastics training (calisthenics), swimming, aquaerobics, Nordic walking, hiking and cycling. The intensity of exercises and the difficulty levels are adapted to each person's individual capacity. Activities are supervised by physiotherapists and/or specifically trained coaches. General gymnastics, swimming and aquaerobics training sessions are supervised by a physician and a nurse with reanimation equipment and ECG. For the general gymnastics sessions, heart rate and blood pressure are measured before each session.

### Who can participate?

All patients with a history of heart disease (coronary heart disease, cardiomyopathies, heart insufficiency, valvular heart disease) or patients with risk factors for cardiovascular diseases (e.g. diabetes) can participate. Participants should be referred by their cardiologist or another physician. Of course participants should have no contra-indications for sporting activities.

### Where and when are the sessions held?

	<b>Aquaerobics</b>	Monday 7 to 8 pm	Ecole primaire du Centre Dudelange		<b>Nordic walking</b>	Following the capabilities and limitations of physiotherapists and/or trainers
	<b>Swimming</b>	Tuesday Thursday 7 to 8 pm	Lycée Technique de Lallange Esch/Alzette		<b>Road cycling</b>	Depending on the weather condition
	<b>Gymnastics</b>	Wednesday 6.30 to 7.30 pm 7.30 to 8.30 pm	Lycée Technique de Lallange Esch/Alzette		<b>Hiking</b>	Depending on the weather condition



### Information & registration

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### What are the costs?

The yearly costs are 15 € per person to become a member of the association and an additional cost of 35 € for participation in the activities.