



Kincardine

Family Health Team

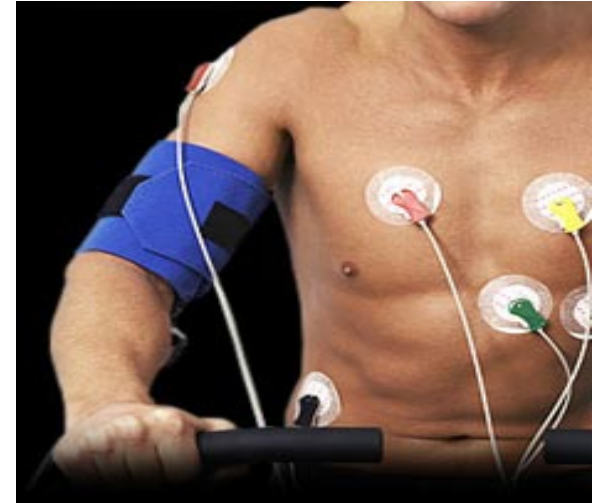
Exercise for a Healthy Heart

Cardiac Rehab Overview

- Education Classes
- Nursing Assessment
- Exercise Test (Stress Test)
- Exercise Therapist Assessment
- Exercise Classes



Exercise Test (Stress test)



- Functional Assessment
- Increases in speed and elevation over time
- Blood pressure, heart rate, rhythm rate and symptoms monitored throughout test

One-on-One Assessment

Exercise Therapist Assessment

- 30 minutes session
- Review exercise test
- Discuss exercise plan and prescription
 - Exercise history and goals
 - Medical history – muscle or joint concerns
 - Exercise log/gym session overview
 - How to monitor intensity



Exercise Classes

- 2 x per week
- 60 minutes per class
- 4 months



- Monitoring blood pressure, heart rate and blood sugars (if diabetic)
- Nurse and exercise therapists

Why Physical Activity?

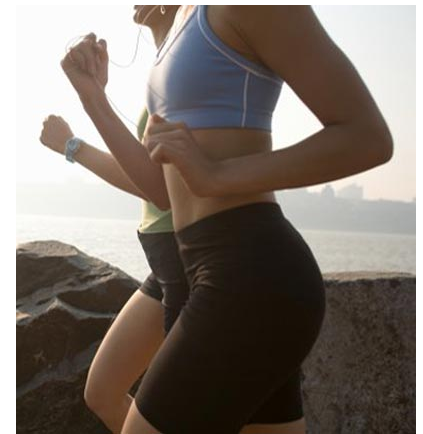
- Working to improve both physical fitness & physiological function
 - Heart pumps blood and oxygen to the body with less effort
 - Improves symptom management
 - Improves circulation
- Positive mental health and quality of life
 - Less mental stress, depression and anxiety
 - Feeling BETTER!!



Why Physical Activity?

■ Positive effect on risk factors

- Blood pressure
- Cholesterol
- Blood sugars
- Weight management
- Stress, anxiety & depression
- Smoking cessation



Physical Activity

- Any body movement that increases energy expenditure above resting levels
 - Can be activities of daily living, occupation, leisure and active transportation
- Most days of the week, preferably daily
 - Minimum: 150 minutes/week of physical activity (1000 kcal/week)



Exercise

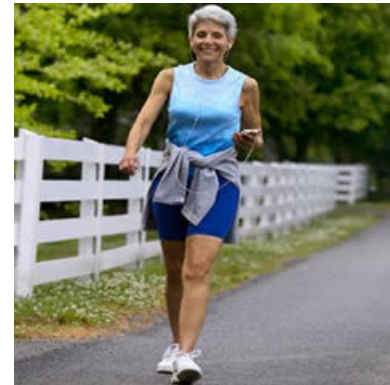
- Planned



- Structured



- Repetitive

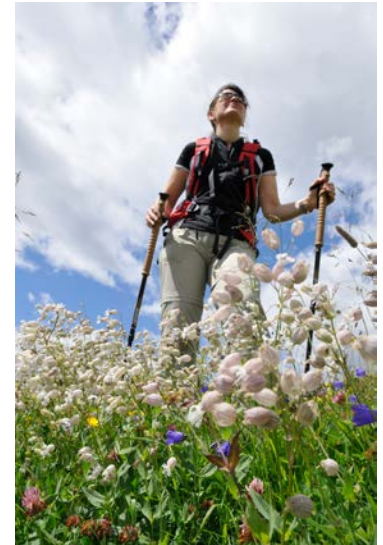


- Improves and maintains overall physical fitness

Aerobic Exercise

- Continuous, rhythmic exercise using large muscle groups
- 3-5 days of the week
- 30 – 60 minutes per session of moderate intensity

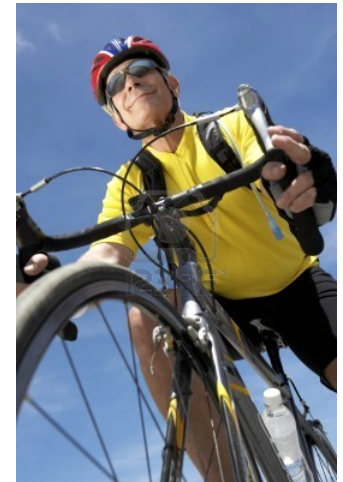
Eg. Walking, running, biking, stair climbing, swimming



Aerobic Exercise

Moderate intensity exercise measured by:

1. Target Heart Rate Range
2. Rating of Perceived Exertion
(RPE scale)
3. Metabolic Equivalents
(MET level)



Target Heart Rate Range

- Based on your initial stress test
- Most desirable intensity to exercise at
- Safe intensity
- Monitoring Heart Rate
 - Pulse Check
 - Heart Rate Monitor



Heart Rate Monitor

- Device that measures heart rate
- Wear it during exercise and general activities
- Water proof
- Purchased at any fitness store

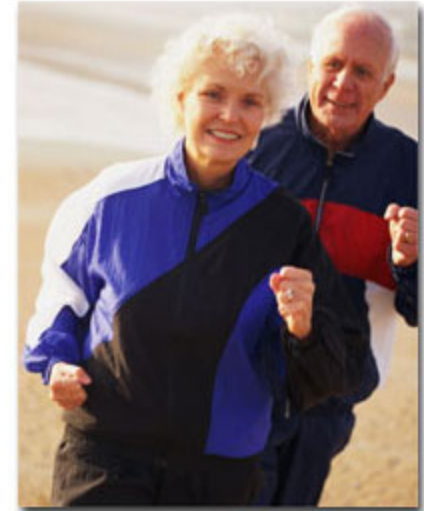


RPE Scale

Rating of Perceived Exertion



- 0 nothing at all
- 0.5 very, very weak
- 1 very weak
- 2 weak
- 3 moderate
- 4 somewhat strong
- 5 strong
- 6
- 7 very strong
- 8
- 9
- 10 very, very strong
Maximal



Metabolic Equivalent

- Metabolic equivalent = MET
- Amount of oxygen used by the body during physical activity
- The harder your body is working during an activity – the higher the MET required



Resistance Training

- To increase or maintain strength
- 2-3 days of the week
- 12-15 repetitions at a moderate weight

Eg. Weight Machines,
free weights, rubber tubing,
resistance bands



Flexibility (stretching)

- To improve range of motion
- 3-5 days per week
- 20-60 seconds per stretch
- All major muscle groups

Eg. Stretching, Yoga,
Tai Chi



Exercise Safety

Warm Up

- Allows the body to get ready for exercise
- 5 – 10 minutes, easy pace

Eg. walk slowly gradually increasing speed, bike no resistance, walking on a spot, stepping side-to-side



Exercise Safety

Cool Down

- Allows the body to recover from your exercise
- 5-10 minutes, easy pace
- After your exercise, continue your activity at a lower level walking on a spot, stepping side-to-side



Exercise Safety

- Nitro spray

- Symptoms

- Blood Sugar

- Medications



- Inform staff of hospital or ER visits

- Replace fluids – Drink water!

- Coffee, food, alcohol, smoking



Gym Reminders

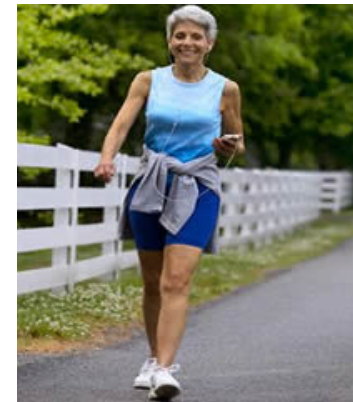
- Heart Rate Monitoring
- Footwear
- Water
- Towel
- Clothing
- Glucometer and snack (diabetes)
- Attendance
- Gym Cancellations

Tips for getting started

- Small changes make BIG differences
 - Start by increasing physical activity
 - Slowly introduce exercise
- Find an activity you *enjoy!* Variety is important!
- Find an exercise partner/family member
- Set exercise goals/action plan



There are 1440 minutes in every day...Schedule 30 of them for exercise!!



Thank you

This presentation has been developed by the Cardiac Rehabilitation staff at the Regional Cardiac Care Centre of St. Mary's General Hospital, Kitchener, Ontario.

