



Brockton Area and Kincardine  
Family Health Teams

## Your "Hearts In Motion" Exercise Therapists Team

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**Exercise for a  
Healthy Heart  
2015**





## The Exercise Pill...



"To treat your high blood pressure, diabetes, hyperlipidemia, osteoporosis... take this new pill every day. Take it out for a jog, then take it to the gym, then take it for a bike ride..."



# Why Physical Activity?

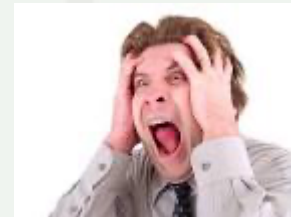
- Stronger heart muscle
- Improved heart and lung efficiency
- Enhanced quality of life





# Risk Factor Modification

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





# Physical Activity

- Anytime the body is moving
  - Can be activities of daily living, occupation, leisure and active transportation
- Any movement is better than being stationary
  - Every half hour change positions and keep moving for at least 2-3 minutes
- Most days of the week, preferably daily
  - Minimum: 150 minutes/week of physical activity

(ACSM Recommendations, 2011)



# Pedometers

- Step-counting device used to measure physical activity
- Reasonable goal for most adults is 10,000 steps/day (~5 miles or 8 km)
  - <5,000 steps/day is considered sedentary

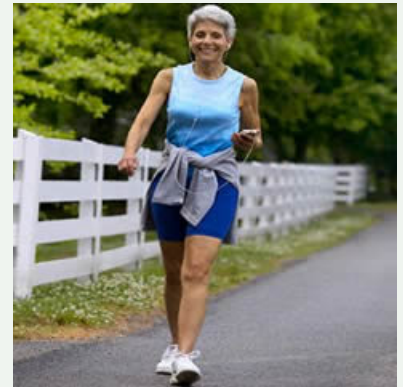
(ACSM Recommendations, 2011)





# Exercise

- Improves and maintains your overall physical fitness level
- Planned
- Structured
- Repetitive





# Types of Exercise

1. Cardiovascular
2. Resistance (Strength)
3. Flexibility (Stretching)
4. Balance





# 1. Cardiovascular Exercise

- Continuous, rhythmic exercise using large muscle groups
- Minimum of 150 minutes a week
  - 3-5 days per week for 30-60 minutes a session

E.g. Walking, running, biking, stair climbing, swimming

(ACSM Recommendations, 2011)





# Exercise Intensity

- Aim for moderate intensity exercise using:
  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
  - Manual Pulse Check
  - Heart Rate Monitor





# Heart Rate Monitor

- Device that measures heart rate
- Wear it during exercise and general activities
- Waterproof
- Can be purchased online or any fitness store



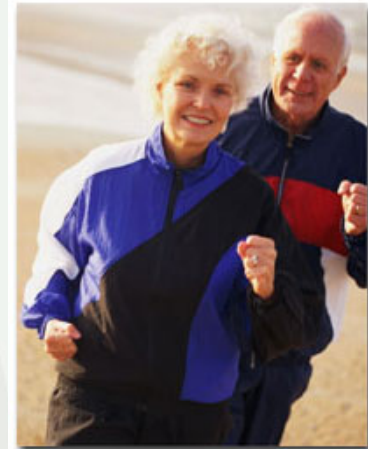


# RPE Scale

## Rating of Perceived Exertion



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





# Metabolic Equivalent

- Metabolic equivalent = MET
  - Measure of individual fitness level
- Amount of oxygen used by the body during physical activity
- The harder your body is working during an activity – the higher the MET level required
  - E.g. • 1 MET = sitting at rest
    - 5 METs = walking at 4 mph
    - 10 METs = running at 6 mph



## 2. Resistance Training

- To increase or maintain strength of each large muscle group
  - Minimum of 12 weeks post chest incision to start upper body resistance training
- 2-3 days of the week after warming up
- 12-15 repetitions at a moderate weight

E.g. weight machines, free weights, resistance bands

(ACSM Recommendations, 2011)





# 3. Flexibility (stretching)

- To improve range of motion
- Most effective when muscles are warm
- Hold each stretch for 10-30 seconds and repeat each stretch 2-4 times
- All major muscle groups

E.g. Stretching, Yoga, Tai Chi





# 4. Balance

- To improve physical function and prevent falls in older adults
- 2-3 days of the week for 20-30 minutes

E.g. Tai Chi, Yoga

(ACSM Recommendations, 2011)





# Exercise Safety

## Warm Up

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

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

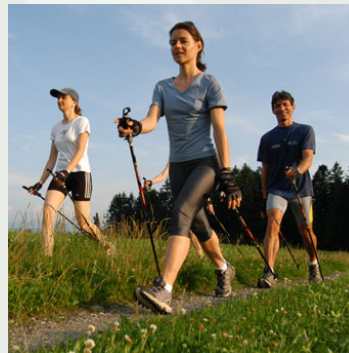




# Exercise Safety

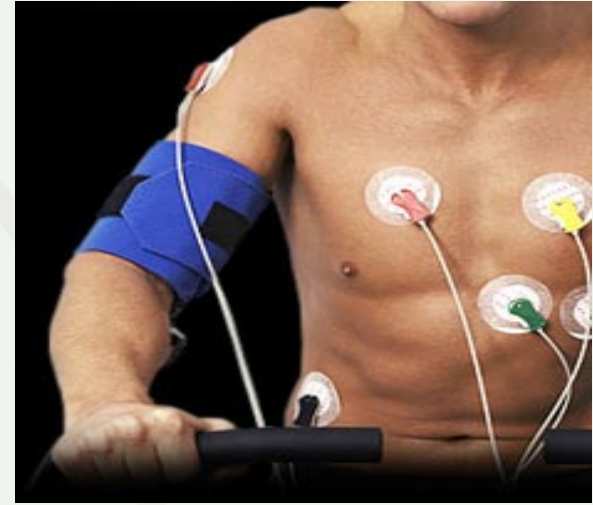
## Cool Down

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





# Exercise Stress Test



- Individual assessment, your best effort
- 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
  - How to monitor intensity
  - Exercise log/gym session overview



# Exercise Reminders

- Heart Rate Monitoring
- Blood pressure to target (below 140 to exercise)
- Footwear
- Water
- Towel
- Clothing
- Glucometer and snack (diabetes)





# 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
- It's NEVER too late to start!





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







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# Questions?