

Exercise for a Healthy Heart

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...”

What is 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)

Why Physical Activity?

- Stronger heart muscle
- Improved heart and lung efficiency



Enhanced Quality of Life



Why Physical Activity?

- Risk Factor Modifications
 - Lowers blood pressure
 - Lowers cholesterol
 - Stabilizes blood sugars
 - Excess body fat
 - Manage stress, anxiety & depression better
 - Help with smoking cessation



Enhanced Quality of Life

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)



What is Exercise?

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



Eg. Going to a gym class, CR Exercise classes,
Going for a walk/swim/bike ride regularly

SMART Goal

SMART GOAL:

I would like to be able to walk around the block in 30 minutes or less in 3 months.



NOT SO SMART GOAL:

I want to walk more.

Types of Exercise

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



1. 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
- 10-15 repetitions at a moderate weight

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

(ACSM Recommendations, 2011)



2. 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



3. 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, Balance Exercises

(ACSM Recommendations, 2011)

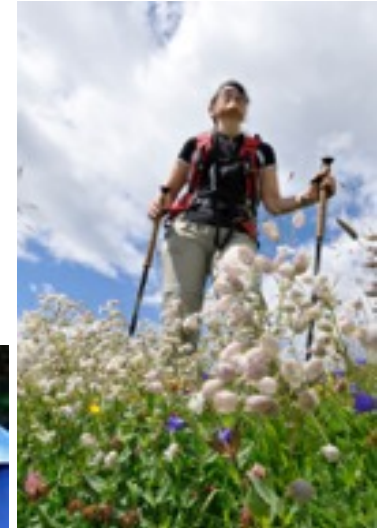


4. Cardiovascular Exercise

- 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)

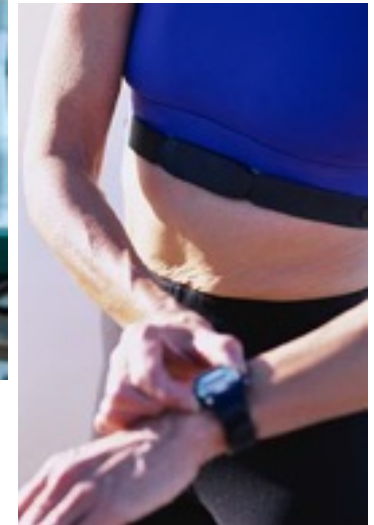


Exercise Intensity

- 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
- Can be purchased at Pharmacy in Health Clinic, online or any fitness store

Eg. Polar Heart Rate Monitor, Fitbit, Apple Watch

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

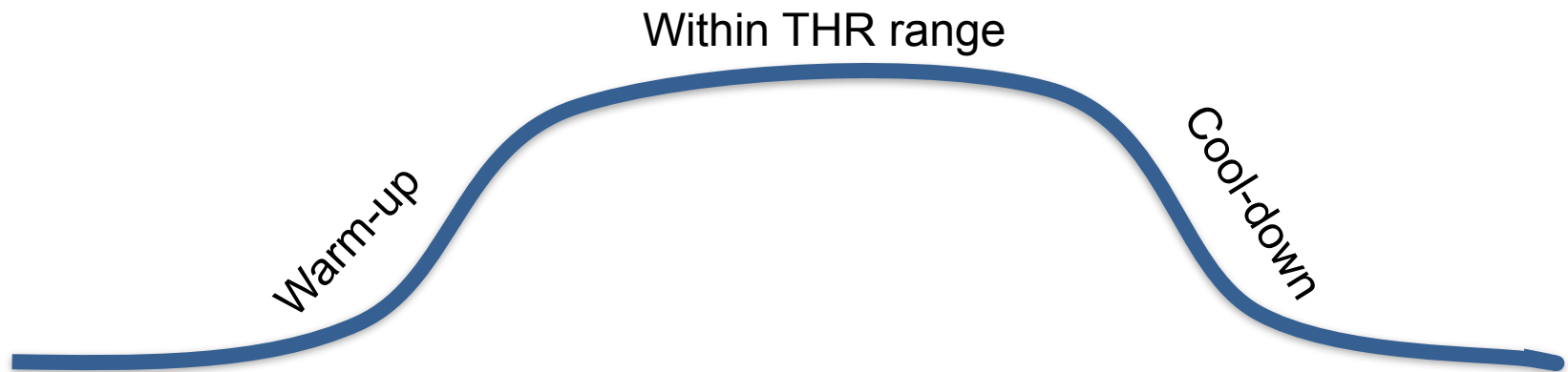


Metabolic Equivalent (MET)

- Measurement associated with the 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

How a Exercise Class Looks

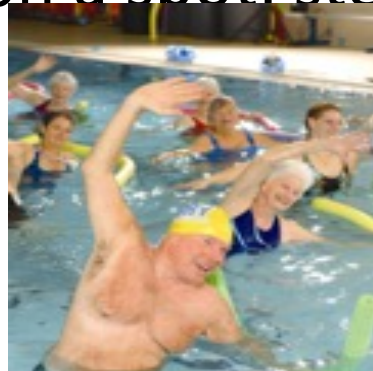
- 60 mins
- 5-10 minute warm-up
- 40 min in Target Heart Rate Range
- 5-10 min cool down and stretches



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

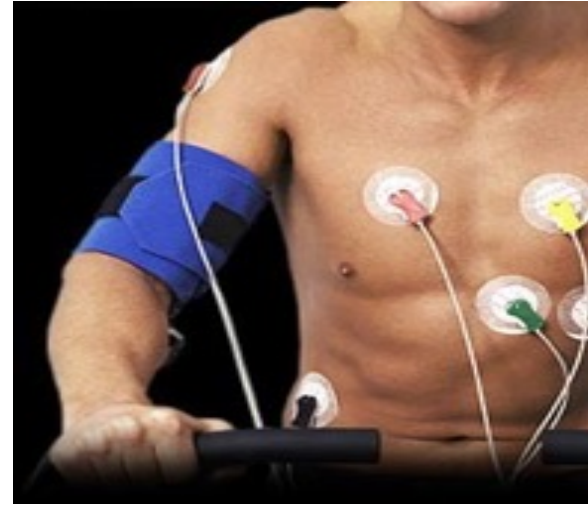


Cool Down

- 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



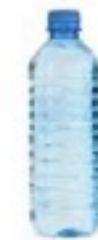
What is an Exercise Stress Test?



- Individual assessment, your best effort
- On a treadmill that increases in speed and elevation over time
- Blood pressure, heart rate, rhythm rate and symptoms monitored throughout test

Exercise Reminders

- Heart Rate Monitoring
- 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!



Alumni Class

- For graduates of the Cardiac Rehab
- Continue to exercise on the same familiar equipment and environment that you are used to.
- Keep up the great routine you have started!



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

