

Your Home Exercise Program

General Information

Exercise at a level that you would describe as "fairly light" to "somewhat hard."

- Gradually increase your exercise every day by 1 to 3 minutes as you can tolerate.
- Your goal is to work toward a total of 30 to 45 minutes of nonstop exercise

most days of the week.

- Every person has a different response to exercise. You may not be able to exercise for a full 30 minutes at one time. You may need to continue to exercise for 10 to 15 minutes two to three times a day.
- Record your exercise on the chart below.

Exercise
1 - 15 min.
3 times/day

Exercise
15 - 20 min.
2 times/day

Exercise
30 - 45 min.
1 time/day

Date	Morning	Afternoon	Evening	Comments
example	5 minutes	5 minutes	5 minutes	short of breath
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Exercise Guidelines

- Exercise when you are feeling rested.
- Do not exercise right after eating. Wait for 1 or 2 hours after a meal.
- If you get tired, stop and sit down until you feel you can continue.
- Wear comfortable athletic shoes that provide good support.
- Exercise indoors during hot and humid weather or windy and cold weather.
- Warm up and cool down before and after exercise by completing 5 minutes of slower paced walking or biking.

(over)



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Stretch after your cool down.

- If you are planning to exercise in the early morning hours, remember to take your medicines at least 30 minutes before exercise.
- Do not exercise if you are ill or if you have a fever.

If You Choose to Bike

If you had an angiogram, angioplasty, stent or atherectomy: do not use a bike for at least 7 days. Start with little or no resistance. Gradually increase as you can tolerate. If you had open heart surgery and have a chest incision, do not use a bike with arm movements until your doctor says it's OK.

When You Should Stop Exercising

As you exercise you should be aware of how you feel. Stop and rest if you have any of the following symptoms:

- dizziness or lightheadedness
- nausea and vomiting
- cold sweat
- shortness of breath, making conversation difficult
- exhaustion or unusual fatigue
- feeling as if your heart is suddenly racing or pounding
- any chest pain or pressure in your teeth, arm, jaw, ear, neck, or between your shoulder blades.

If the symptoms do not go away after resting,

or if they keep reoccurring, call your doctor. Use nitroglycerin as directed. If you feel no relief, call 911. Do not drive yourself.

Activity Guidelines

- Balance your activity with rest throughout the day during your recovery.
- Avoid activities that require you to hold your breath. Keep breathing normally.
- Avoid straining during a bowel movement.
- Climb stairs slowly and avoid carrying heavy items.
- Avoid activities that require you to reach above shoulder level or stoop for more than a couple of minutes at one time.
- Follow any lifting restrictions you received.

'Helping Your Heart' Book

- If you had open heart surgery, see chapters 8 and 13.
- If you had angina or a heart attack, see chapters 2 and 8.
- If you had an angioplasty and/or stent, see chapters 2, 8 and 12.
- If you have heart failure, see chapter 3.

Rating of Perceived Exertion (RPE)

Use the rating of perceived exertion to help you determine your exercise/activity level. Ask yourself "How hard am I working?" when using the rating. Try to assess your overall feeling of exertion.

Rating of Perceived Exertion (RPE)	
How hard you feel you're working: like lying in bed — no effort	very, very light very light
Your target range. You are working but can comfortably have a conversation	fairly light somewhat hard (moderate)
the hardest work you have ever done	hard very hard very, very hard