

4. YMCA

Please call for specific times and location.

- **Tong Louie Family YMCA**
14988 – 57th Ave, Surrey
(Highway 10, just west of 152nd Street)
604-575-9622
- **Centennial Community Centre**
65 East 6th Ave, New Westminster
604-777-5100
- **Confederation Centre**
4585 Albert St, Burnaby
604-294-1936

5. W.C. Blair Recreation Centre

22200 Fraser Highway, Langley
604-881-6587

Please call for specific times and location.

(program run by Langley Memorial Hospital)

For more information, call the program director at 604-521-5801.

Exercise and the Heart

Exercising your heart and body after a cardiac event

SMH Physiotherapy



This booklet is a guide to help you with exercise and activity after an acute cardiac event. It starts in the hospital and continues at home. It is a guideline only. Each person will recover at a different pace.

Please feel free to discuss with your physiotherapist. If you have any concerns or experience any symptoms, please call your Doctor.

IN THE HOSPITAL

- You will be on bedrest the first day.
- The nurse will let you know when you can sit up and when you can start walking.
- It is important for you to start increasing your activity.

WHY EXERCISE?

- When you injure muscles, the first thing you need to do is rest so that they can heal. Then you can slowly start exercising them again.
- The heart is a muscle so it needs the same treatment. Once it has rested, you are ready to slowly start exercising it again.
- **Your doctor must approve all exercises before you start.**

BENEFITS OF EXERCISE

- Makes your heart and lungs work better
- Makes your bones and muscles stronger
- Improves your energy
- Lowers your stress
- Helps you keep a healthy weight

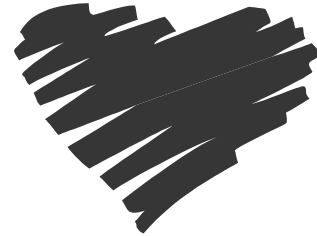


HOW DO I EXERCISE?

Let us help you with your exercise program. There are some rules to follow to make sure you are exercising safely!

WHAT IF I NEED MORE HELP? HEALTHY HEART PROGRAM

- Exercise in a safe and supportive environment.
- Supervised by nurses, ACSM exercise specialists, kinesiologists, and physiotherapists.
- **Need Doctor's referral.**
- **There is a charge for the program.**



LOCATIONS:

1. **Guildford Recreation Centre**
15105 – 105th Avenue, Surrey
604-588-3303
Tuesday, Thursday
1:00-2:30 pm
(Program run by Surrey Memorial Hospital)
2. **Burnaby Hospital**
3935 Kincaid Street, Burnaby
604-412-6482
Please call for specific times and location.
3. **Peace Arch Hospital**
15521 Russell Avenue, White Rock
604-535-4500 (local 7676)
Please call for specific times and location.

IF YOU WANT TO LEARN MORE...

- Come to the out-patient Cardiac Education Program after you go home.
- **No Doctor's Referral needed.**
- **No charge for the program.**

Location: Surrey Memorial Hospital
Meeting Rooms 1 & 2
Charles Barham Pavilion (access on 94A Ave>)

Date: Every Wednesday

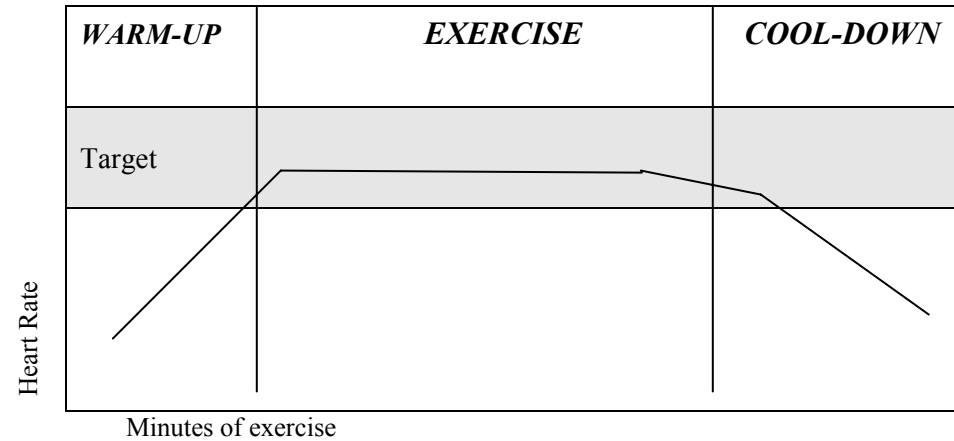
Time: 1:30 – 4:30 pm

- There will be a nurse, physiotherapist, occupational therapist, dietitian, pharmacist, and social worker.
- You can check your blood pressure and weight.
- You can talk on a one-to-one basis about your exercises, daily activities, diet, pills, or any other concerns you may have.
- Each week, there will be a talk. There are 8 talks in total:
 1. How does your heart work?
 2. Medications for your Heart
 3. Nutrition & Your Heart
 4. Stress & Stress Management
 5. Risk Factors: What are they? What are yours?
 6. High Cholesterol! What can you do about it?
 7. Exercise after a Heart Attack
 8. The Cardiac Event and the Family



EXERCISING AT HOME

- Exercising at home will help you feel better. However, the exercise must work the heart muscle, not just your arms or legs. This means exercising over a period of time (endurance exercise).
- Examples: walking, biking, or swimming.
- Remember to go slowly. It will take time for your heart to recover.



Warm-up: Slow, easy walk or exercise for the first 5 minutes.

Exercise: Walk or exercise at a moderate pace. You should be able to pass the talk test!

Cool down: Slowly reduce your activity. This prevents you from feeling faint or your muscles from getting stiff. Also take some time to stretch your muscles so you don't feel sore the next day.

- Try to exercise 5-7 days every week to maintain and/or improve your fitness level. Only add 2-5 minutes of exercise each week.



Example:	Week 1	5-15 minutes (daily)
	Week 2	15-20 minutes
	Week 3	20-25 minutes
	Week 4-6	25-30 minutes
	>Week 6	30-60 minutes

- No matter how long you exercise, always remember to do a warm-up when you start and cool-down at the end.

HOW HARD SHOULD I EXERCISE?

There are 3 ways to monitor your exercises. You may use any one of them to make sure you are not exercising too hard.

1. Talk Test
2. RPE (Rating of Perceived Exertion) Scale
3. Pulse

We will explain each one in more detail below.

1. TALK TEST

- This is an easy way to make sure you are not overdoing your exercises.
- When you exercise, you should be able to talk to someone without having to gasp for air.
- If you cannot, slow down!



HINTS FOR ACTIVE LIVING

- Try to exercise every day.
- Remember that working, even if you are on your feet all day, does not count as exercise. Exercise is when you do at least 20 minutes of an activity without resting. For example, try walking to the store or to work instead of driving.
- Carry nitro with you at all times.
- Wait 30 minutes after eating before you exercise.
- Remember that stairs and hills make your heart work harder. Try to walk on flat ground for the first 2-4 weeks.
- Wear comfortable and supportive shoes.
- When exercising outdoors, remember these things:
 - Wear bright colours at night.
 - Wear layers of clothes for hot, humid, windy, or rainy days.
 - Avoid exercising outdoors on very hot/humid days or very cold days.
 - Be careful on slippery sidewalks and snow.
- Check with your doctor before you fly on an airplane. The change in altitude can make your heart work harder.
- Move your feet and legs if you are sitting for more than 1 hour, for example during a plane or car ride. This helps prevent blood clots.



NOTE: Follow doctors instruction regarding the type of exercise you are allowed to do other than walking.



WHAT ABOUT DAY-TO-DAY ACTIVITIES?

Weeks 1 – 3 after a cardiac event

- Making light meals
- Washing dishes
- Doing light laundry
- Walking, cycling

Weeks 3 – 7

- Vacuuming
- Shopping for groceries (<10 lb)
- Light gardening, raking leaves
- Washing car
- Golfing (pulling cart)
- Dancing (slowly)
- Sexual intercourse

After 7 weeks

- Regular activities



REMEMBER...

- Check with your doctor before doing harder activities. For example, running, basketball, and cross country skiing.
- Avoid any heavy exercise with the arms or chest. This makes the heart work too hard.
- You may only carry <10 pounds during the first 6 weeks.
- If you had open heart surgery, you cannot lift any weights for 3 months.

2. RPE SCALE

- This scale (the Modified Borg Rating of Perceived Exertion Scale, or RPE Scale for short) tells you how hard you should exercise after a heart attack.
- Warm up at **Level 2** for 5 minutes.
- Exercise at **Level 3 (Moderate)** or **4 (Somewhat Strong)**. When you can walk 20-30 minutes without stopping or when you feel stronger, you can exercise at **5 (Hard)**.
- Cool down at **Level 2** for 5 minutes.
- Do not exercise above **Level 5 (Hard)**.

0	Rest	Not tired.
1	Very Light	Watching TV, working at a desk.
2	Light	Getting dressed. A little tired.
3	Moderate	Slow walk across the yard
4	Somewhat Strong	Comfortable walk
5	Hard	Brisk walk. Starting to breathe deeper.
6	Harder	Fast walk. Breathe deeper but able to continue.
7	Very Hard	Vigorous exercise. Breathing hard and feeling tired.
8	Very, Very Hard	Very vigorous exercise. Very tired.
9	Near Maximal	Unable to maintain very long
10	Maximal	All out, complete exhaustion

- Consider how you feel **OVERALL**. Do not focus on one factor such as leg pain, shortness of breath, or speed. You should feel rested within 1 hour after exercising

3. PULSE

- Your heart rate (pulse) is the number of times your heart beats in one minute. You can use this to monitor your exercises
- To find your radial pulse (in your wrist), place 2 fingers on your wrist, near the thumb. Use a firm flat pressure.
- Count the number of beats you feel in 30 seconds. Multiply by 2 to find your heart beats per minute.



Example: 36 beats in 30 seconds
 $36 \times 2 = 72$ beats per minute

What should your pulse be during exercise?

- Your doctor or physiotherapist may give you a target heart rate range.
- If you do not have a target range, you may safely exercise at 20-30 beats per minute above your heart rate at rest.
- Some common medications affect your heart rate. For example, beta blockers will lower your heart rate. This is why you need to talk to your physio, nurse, or doctor to find out what your new heart rate range should be. Try the Talk Test or RPE Scale to monitor your exercises instead.

SIGNS YOU MAY BE DOING TOO MUCH

- Chest pain or tightness in your neck, back, jaw, or shoulder
- Shortness of breath
- Feeling dizzy
- Nausea or vomiting
- Strong pain in the arm or leg
- Heart beat becomes very fast or irregular
- Sweating more than normal
- Feeling more tired than normal
- Confusion

IDEAS FOR EXERCISING

Treadmill: Level ground. You may increase the incline when you can walk on a flat level for ≥ 10 minutes.

Biking: No resistance to start. You may start light resistance only when you can easily cycle ≥ 10 minutes.

Walking Program: Described in your “Recovery Road” binder by the Heart and Stroke Foundation. You should receive a binder during your stay at the hospital.

Hearts in Motion Walking Club: Mall walking programs promoted by the *Heart and Stroke Foundation of B.C. & Yukon*. Programs run Monday, Wednesday, and Friday. Arrive at 8:00 a.m. Cost: \$10.00/year.

For more information, please call the *Heart and Stroke Foundation* (Surrey Regional Office) at 604-591-1955.

