

## Stay Active

Regular physical activity helps you feel better. When you are active, it helps the heart and lungs use oxygen better. Physical activity also helps:

- Lower your blood pressure.
- Control your weight.
- Decrease stress and tension.
- Boost your energy level.

Choose any activity you enjoy. If you like the activity, you are more likely to continue doing it. Walking, biking, and swimming are great choices. It may be more enjoyable if you ask a friend or family member to join you. When exercising:

- Rest before you feel tired.
- Be able to breathe well enough so you can carry on a conversation while exercising.
- Rest if you feel short of breath.
- Avoid activities that make you grunt, groan, or strain.

Scan the QR code to watch *“Heart Failure: Being Active.”*



## Exercise Routine

You will get the most benefit from a regular exercise routine. It is best if you exercise 5 to 7 days a week for 30 to 60 minutes (begin with 5 to 10 minutes several times a day and add about 5 minutes per week as you are able). You should increase the amount of time you exercise little by little. Ask your doctor before you increase the speed or intensity of your exercise.

## Warm-Up and Cool-Down

Each time you exercise, start slowly with a 5-minute warm-up. At the end of each exercise session, finish slowly with a 5-minute cooldown period. This may include stretching exercises. You will feel better and have more energy, and your daily activities will seem easier.

## Cardiac Rehabilitation

Ask your doctor about joining a cardiac rehabilitation program in your area. These programs have trained staff who can help you increase your exercise tolerance, decrease heart failure symptoms, and improve your quality of life. Most insurance plans cover the cost of the rehabilitation program.

## Exercise Plan

Exercise Goal(s):

Date	Time	Activity	Length of Time	How I Felt While Exercising	How I Felt After Exercising

### Saving Energy

- When being active and exercising, choose a time when you feel your best and pace yourself. Stop and rest for a while if you feel tired.
- Avoid becoming too tired. Plan ahead so that you are not doing all of your work in 1 day, or at 1 time during the day. You may have a certain time each day when you have more energy. Plan to do your most difficult tasks during that time.
- When doing a task, gather all the supplies you will need, so you can avoid making unnecessary trips.
- Sit instead of stand when you do activities such as ironing, washing dishes, shaving, or brushing your teeth.
- At work, take advantage of breaks and lunchtime to sit and rest.
- When climbing stairs, put 2 feet on each step. Stop and rest if you need to.
- If you feel tired, dizzy, or short of breath, stop and rest.
- Ask those around you for help.

Make sure to talk to your provider about what kind of activities and exercises are best for you. Follow the treatment plan they give you. Wait at least 1 hour after eating before exercising.