

- Remember to not over do it and to work to a level that you are comfortable with.
- Always warm up and cool down.
- National Guidelines recommend 150 minutes of moderate intensity exercise each week. Try to build up to this if you can, splitting it across the week.
- When not exercising try to be as active as possible.
- Find an exercise that you enjoy and do it at a time of the day that suits.
- Make exercise part of your daily routine.
- Always exercise safely.

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Cardiac Rehabilitation Exercise Programme

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Being more active

What happens when I exercise?

During activity and exercise, muscles need more oxygen. To meet this increased demand, the heart beats faster so that the blood carrying the oxygen can be pumped to the muscles. Your breathing will also increase so that the amount of oxygen in the blood increases. Feeling short of breath and having your heart rate increase, is a normal response to exercise.

What is moderate intensity exercise?

- ◆ Moderate intensity exercise is when you are active and you feel out of breath and your heart rate increasing.
- ◆ A good indicator of this is being out of breath whilst being able to talk comfortably but not able to sing.
- ◆ National guidelines recommend at least 150 minutes of moderate intensity exercise every week.

When should I progress?

When a person regularly exercises, muscles start to grow new blood vessels and the muscles become more efficient at using oxygen. When this happens a person's heart rate goes down and you become less short of breath. This is a time when you should progress. You can do this in a number of ways, here are some examples:

- Increasing the **amount** of exercise
- Increasing the **speed** of the exercise
- Increasing the **distance** of the exercise
- Increasing the **frequency** of exercise

You should exercise at a comfortable moderate intensity level.

Hamstring curl

In standing, bend your knee and bring your foot up behind you as far as comfortable then return to starting position and then repeat with alternate legs.

1. Arms by side
2. Holding a 0.5kg weight
3. With side lunge holding a 1kg weight
4. With side lunge holding a 2kg weight.



Upward row

In standing with arms down with palms facing towards the front of your legs, then bend elbow outwards and upwards keeping your hands in front of your body moving up your chest.

1. No weight - walking on the spot
2. 0.5kg weight - walking on the spot
3. Heel strike slowly whilst holding a 1kg weight
4. Heel strike fast whilst holding a 2kg weight.



Only work to a level that you have been advised to.

Step up

Stand in front of a step, step up onto the step one foot at a time and then step down.

1. Step at a low speed
2. Step at a moderate speed and holding a 0.5kg weight
3. Step at a moderate speed and holding a 1kg weight
4. Step at a fast speed and holding a 2kg weight



Lateral raises

In standing with arms by sides, lift arms out to the side as far as comfortable but no higher than shoulders height, then return to start position.

1. Low step at a low speed
2. Low step at a moderate speed and holding a 0.5kg weight
3. High step at a moderate speed and holding a 1kg weight
4. High step at a moderate speed and holding a 2kg weight.

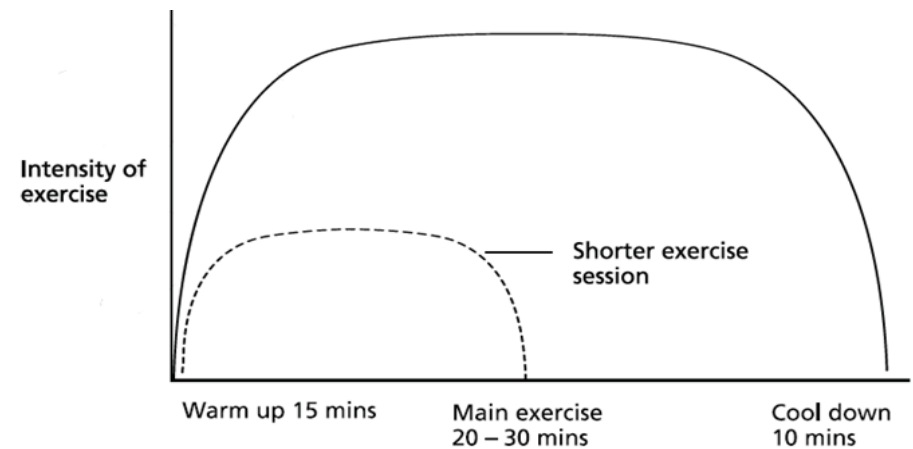


Any exercise or activity should start with a warm up and end with a cool down.

A **warm up** helps prepare the body and heart for the session. This should be a gradual increase over 15 minutes. This allows time for the body's natural chemicals to be released. These chemicals will widen the body's arteries and bring extra oxygen to the heart and muscles.

A **cool down** helps to slow the heart back down and will reduce the risk of any irregular heart rhythms.

They should both be specific to the exercise or activity that you are doing e.g. slow walk for a warm up gradually increasing the speed to a brisk walk. Walk for the main exercise session then slow the walk down again to cool off.



Home Exercise Circuit

You should complete all the following exercises for one minute each and to the level that you have been advised

Walking on the spot

1. Walking on spot
2. Marching on spot (slow)
3. Marching on spot (fast)
4. Running on the spot



Heel raises

From standing slowly raise both your feet off the floor until you are on your toes, then slowly lower your heels back to the floor.

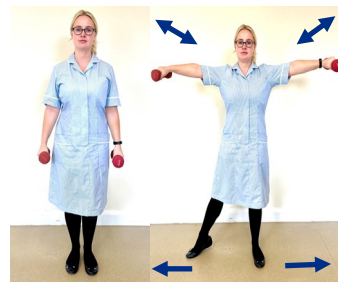
1. Calf raises with support
2. Calf raises holding a 0.5kg weight
3. Calf raises holding a 1kg weight
4. Calf raises holding a 2kg weight



Half jacks

Tap your foot out to the side then back. Repeat with the opposite side.

1. No arms
2. Alternate arms to shoulder height holding a 0.5kg weight
3. Both arms to shoulder height holding a 1kg weight
4. Both arms to shoulder height holding a 2kg weight



Bicep curl

Keep arms by your side, bend your arms at the elbow and bring your hands towards your shoulders, whilst walking on the spot.

1. Holding no weights
2. Holding 0.5kg weights
3. Holding 1kg weights
4. Holding 2kg weights



Heel raises

From standing slowly raise both your feet off the floor until you are on your toes, then slowly lower your heels back to the floor.

1. Calf raises with support
2. Calf raises holding a 0.5kg weight
3. Calf raises holding a 1kg weight
4. Calf raises holding a 2kg weight



Chest press

Keep hands and elbows at chest height, reach both hands forward until straight then back, whilst walking on the spot.

1. Holding no weights
2. Holding 0.5kg weights
3. Holding 1kg weights
4. Holding 2kg weights

