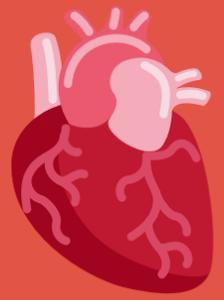




THINGS TO KNOW ABOUT CARDIAC REHAB



EXERCISE RECOMMENDATIONS



30-60 minutes of **moderate**-intensity exercise 5-7 days of the week



Warm up and cool down for **10** minutes at an **easy** intensity



Heart rate should increase by **20-40 beats** from resting during exercise



Incorporate **strengthening** exercises 3-4 days per week



Keep a log of your exercise to **track progress** and stay motivated

HOW DO I KNOW HOW HARD I'M WORKING?

RATE OF PERCEIVED EXERTION (RPE)

The **RPE** is a scale from **0-10**. It is a measure of how hard you feel you are working. During your cardiac rehab program, it is ideal to exercise in the 3-5 range. This is considered a **moderate** intensity. Exercising at this intensity provides the best benefit for your heart while keeping the activity safe.



0-2 VERY EASY

A very comfortable pace. You would be able to carry on a conversation without difficulty. This should be your warm-up and cool-down pace.



3-5 MODERATE TO SOMEWHAT DIFFICULT

A working pace. Your breathing rate and heart rate will increase, however, you should be able to have a conversation without too much difficulty.



6-10 VERY DIFFICULT, ALMOST MAXIMAL

A challenging pace. Your heart rate is quite fast and you will feel short of breath. It will be difficult to talk when working at this intensity.

SIGNS TO WATCH FOR WHEN EXERCISING



Chest pain, heaviness or discomfort



Uncontrolled shortness of breath or difficulty breathing



Feelings of dizziness or lightheadedness



Pain in the arms or legs that is not due to muscle fatigue

If you start experiencing any of these symptoms, discontinue exercise immediately. If your symptoms do not go away with rest or, call 9-1-1 and seek medical attention.

ADDITIONAL HEART HEALTHY TIPS

STRESS MANAGEMENT

It is known that high levels of stress over a long period of time can have negative effects on your heart and overall health. Strategies to manage your stress include:

- deep breathing
- watching a funny movie
- getting a good sleep
- meditation
- calling a friend
- seek help from a professional if needed
- regular exercise
- keeping to a schedule

TIPS FOR STAYING ON TRACK



Exercise with a buddy to keep you accountable



Set realistic goals to achieve within a set timeframe



Have a plan for various weather conditions and temperatures

7+ servings of fruit and vegetables every day

1 serving is 1/2 cup, or about the size of your palm. Keep in mind that at least half of these servings should come from vegetables.



Seaway Valley Community Health Centre
Working with you for a Healthier Community



**UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA**