



Phase 4 Home Exercise Advice



It is important to continue with your exercise and activity on a daily basis so that the benefit you have gained can be maintained and hopefully improved further.

We have already explained the benefit of exercise lowering your resting and exercising heart rate and reducing blood pressure. If you still suffer with angina it can help to prolong activity prior to its onset. It is important to follow your GTN pathway if you do experience angina.

This could ultimately allow you to increase your physical capacity and complete more activities of daily living with ease.

Regular exercise has also been shown to be of benefit in the adjustment of modifiable risk factors. Research has shown that it can help to reduce cholesterol, weight, and improve body composition. It has also been shown to be beneficial in the reduction of stress.

Guidelines when not to exercise

The following guidelines detail when not to exercise or when you may need to work at much lower effort level.

- If you have any changes in symptoms.
- If you are going through any changes in medication.
- If you are diabetic and your blood sugars are out of your normal range.
- Your ability to exercise will be affected in cold or warm weather.
 - Cold - wear a scarf over your mouth so that the air that you are breathing is warmed slightly.
 - Warm – please wear lightweight clothing and consider the humidity and temperature of your exercise environment (open a window make sure you have drink)
- Digesting food places an extra workload on the heart. *Wait 1 hr after eating*
- Avoid sudden changes in posture when exercising, this may cause your blood pressure to drop and lead you to feel faint, dizzy or light headed. Always make sure that you change your position slowly, so if you were lying move on to your side then up to your knees and finally to your feet.



The following information is only a guide

Daily activities

Physical Activities

Avoid - Prolonged and heavy lifting (**Resuming very heavy work should only be resumed after consultation with your doctor**)

Walking - When you can comfortably walk continuously for 30 minutes, you can either gradually increase the duration, as you feel comfortable, or try and cover the same distance in a shorter time by increasing your walking pace. Include all physical activities in your activity diary.

Brisk pace walking or an alternative should now be a daily activity. Take hills at a slower pace. Include all physical activities in your activity diary.

Take the dog for a walk (if you don't have a dog borrow a friendly one)

Cycling - Build up to your former activity. New cyclists can commence at a comfortable pace and on level ground.

Swimming – If you were swimming prior to your heart attack and the pool has “walk-out” steps, you can gradually reintroduce this activity. Start with gentle swimming in water where you can touch the bottom of the pool. Increase your intensity to former pace and duration over several weeks.

New swimmers should start with gentle swimming in water where you can touch the bottom of the pool, increase your intensity and duration over several weeks. Take someone with you if possible and/or inform the lifeguard. **Given the current government advice around social distancing we would not recommend swimming at this time**

Household Tasks, Leisure & Social

During isolation / social distancing carry out your usual household tasks / cooking/shopping etc to your usual ability.

General – Use stairs where possible instead of lifts/escalators
When talking on the phone walk around.
Park the car further away from the shop entrance.
When ironing, iron a few things and then put them away – this will increase the activity (especially if it involves stairs)

How to judge you are working at a suitable intensity

During your workout we want you to rate how hard you feel are working (your perceived exertion) For example – how heavy / strenuous the exercise feels or how tired you are feeling. This is felt as fatigue in your muscles or level of breathlessness.

Please use the scale below from 6 – 20, with 6 meaning ‘No exertion at all’ and 20 meaning ‘maximal exertion’

Rating of Perceived Exertion (RPE)

6	No Exertion at all	(Equivalent to sitting)
7	Extremely Light	(Equivalent to standing still)
8		
9	Very Light	
10		
11	Light	(You should be able to sing)
12		
13	Somewhat hard	(You should still be able to talk)
14		
15	Hard	(Talking will now be difficult)
16		
17	Very Hard	
18		
19	Extremely Hard	
20	Maximal Exertion	(Complete Fatigue)

Ref: Borg G.E (1985)

An introduction to Borg’s RPE Scale, Ithca, New York



Home-based Exercise Regime



These home exercises can be completed 2-3 times a week, with walks and leisure activities on the other days.

PLEASE DO NOT ATTEMPT ANY FORM OF EXERCISE IF YOU HAVE ANY CHANGES IN YOUR SYMPTOMS, HEALTH OR MEDICATIONS.

Warm Up – 5-10 minutes – This can include walking around the house, marching on the spot or slowly stepping up and down off a step. Or if you remember your warm up from your exercise classes with your instructor then please do these – we are working on getting these warm ups typed up for you or available via a video.

Step ups

Stand in front of a 20-40cm step – bottom of the stairs or a back door step are a good choice.

Step up and down 8-12 or 12-15 times** leading with one leg and then repeat with the other leg.



Side arm raises

Stand with your arms by your side.
Hold light weights*, palms towards your thigh.
Lift arms out to the side away from body
Repeat 8-12 or 12-15 times**



Calf raises

Stand facing wall one foot space away.
Place both hands on the wall.
Lift both heels off the floor
Repeat 8-12 or 12-15 times**



Side view for demo purposes

Bicep curls

Stand with arms hanging down
Hold light weights* palms forward
Bend alternate elbows
Repeat 8-12 or 12-15 times**



Sit to stand

Sitting with your arms crossed
Stand up and sit down slowly.
The height of the chair will effect difficulty.
Repeat 8-12 or 12-15 times**



Wall press ups

Stand facing wall two feet space away.
Place both hands on the wall.
Bend your arms at the elbow and push
back so that you arms straighten.
Repeat 8-12 or 12-15 times**



High knees

Stand with feet hip width apart
Hold your hands at waist height
Alternate bringing your knee up to each hand.
Repeat 8-12 or 12-15 times**





Seated leg raises

Sitting on a chair.

Pull your toes up, tighten your thigh muscle and straighten your knee and slowly relax.

Repeat 8-12 or 12-15 times** each leg



*tins or small bottles of water are just as good. You can choose to add more weight to progress the exercise if you wish.

** choose which rep range suits your ability to carry out these exercises comfortably.

- Aim to complete all exercise at least once.
- If you feel you would like to do more before your cooldown then repeat the circuit another 1-2 times depending on your ability.

Cool Down - 5 minutes. This can include slow walking or slow marching on the spot, followed by mobility exercises and stretching. Or if you remember your cool down from your exercise classes with your instructor then please do these – we are working on getting these warm ups typed up for you or available via a video.

Please note:

- It is normal to get comfortably short of breath in order to improve your fitness, but you should be able to hold a conversation whilst exercising.
- Exercise should be of **moderate** intensity (12 to 13 RPE – “somewhat hard”, but still feels ok to continue).
- Be aware that exercise is harder in very hot or very cold weather (ACPICR/BACPR guidelines state humidity should be maintained at no more than 65%, and temperature at 18-23 degrees)
- Cover your mouth with a scarf when outdoors in windy weather.
- Do not exercise for at least one hour after a meal.

STOP IMMEDIATELY IF YOU HAVE ANY CHEST PAIN, SEVERE SHORTNESS OF BREATH, DIZZINESS OR MUSCLE CRAMP

