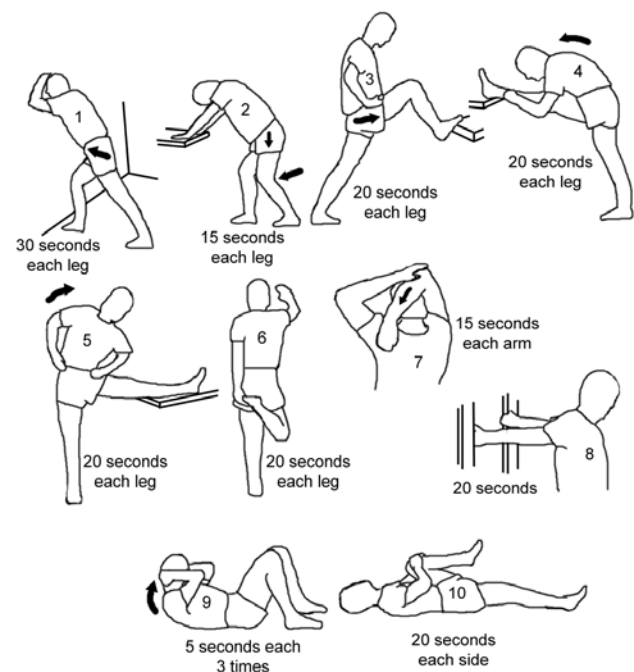


## STRETCHING

- Get into the position. Gently stretch the muscles for 6 seconds, then relax.
- Don't bounce, but feel the muscles stretching.
- Repeat 2-3 times
- With improvement, extend each stretch, and hold for 20 seconds
- Always keep your back straight when stretching
- If pain occurs during stretching, **STOP** and consult your doctor
- Some muscle tightness will be felt the day after stretching. *If this is more than mild, reduce the degree of stretching for a few days, and build up again.*



## COMMENTS ON STRETCHES

- Keep your back straight at all times
- If you are unsure of any of these, seek advice from your doctor or supervisor
- When you start, spend less time on each stretch and gradually increase to the times above.

1. Turn the back foot slightly inwards
2. Place your back foot just behind the front foot

3. Start off with a low stool and increase the height as you improve
4. Only go forward until you feel a pull behind the thigh
5. Start low and increase the height as you improve
6. Start easy and eventually touch heel to buttocks 7&8. No special comments.
9. Keep knees bent. Breathe in as you lift your head.
10. Keep the other leg straight. Only stretch until you can feel a pull in the hip.

## TAKING A NECK PULSE (CAROTID)



Lightly place a finger just below the angle of the jaw and count the pulse over a 15 second period. Multiply by 4 to get the pulse per minute.

## EXERCISE PROGRAMS

Often these costs are covered by Government grants, private health insurance, or a nominal fee. So call and check up:

|                         |               |
|-------------------------|---------------|
| St Andrews Hospital     | 3834 4229     |
| Wesley Hospital         | 3377 7268     |
| Nambour                 | (074) 456 221 |
| Logan Div. GP           | 3290 3733     |
| Yeronga Park            | 3848 8575     |
| Redcliffe Hospital      | 3350 8111     |
| Prince Charles Hospital | 3883 0883     |
| Alamanda Hospital       | (075) 322 444 |
| Gympie Hospital         | (074) 82 1444 |
| Toowoomba               | (076) 32 1850 |
| Benowa                  | (075) 973 222 |

## Booklets Available

**Brisbane - Walking for Pleasure:** All public libraries

## **EXERCISING WITH HEART DISEASE**



**Dr Stan Woodhouse**

## AEROBIC EXERCISE

WILL BENEFIT EVERYONE

### PROVIDED SAFETY RULES ARE FOLLOWED

An exercise is called aerobic when it uses the large muscles of the body, lasts for 30 to 40 minutes and causes the heart rate and breathing to increase without a large increase in blood pressure.

### RULES FOR HEART SAFETY

These apply to anyone over 45 years of age.

- Check with your doctor before starting - this is not an after heart attack rehabilitation program
- Jogging - consider taking a medically supervised stress test
- Calculate your maximum predicted heart rate  
Maximum predicted heart rate =  $220 - \text{AGE}$   
For example, age 60 years  
Maximum rate =  $220 - 60 = 160$  beats/min  
80% predicted heart rate = 128 beats/min  
70% predicted heart rate = 112 beats/min  
60% predicted heart rate = 96 beats/min
- Learn to take your pulse (neck or wrist) OR buy a pulse meter
- DO NOT exercise above 80% of your predicted maximum heart rate
- Exercise in the cool of the day in loose cotton clothing
- Do not exercise after a meal or alcohol
- **Do not compete with others**
- Talk during exercise - otherwise you might get bored!
- Always carry your nitro with you
- Do not exercise if you feel unwell
- Do not exercise if you have Influenza symptoms

If you experience **chest discomfort or dizziness** during or after exercise **STOP AND REPORT TO YOUR DOCTOR.**

\*\*\*\*\*

### SAFETY RULES

- Exercise with other people
- Tell someone where you are going and how long you expect to be
- Obey the traffic rules
- Use footpaths, verges or tracks

- Carry identification, and heart and drug information
- Wear light coloured clothes
- Wear reflectors on shoes and limbs
- Carry some small change, enough for a phone call or bus ticket

### Prevent tendon and joint problems

- Use quality running shoes, even for walking
- Limber up and stretch both *before* and *after* exercise
- Don't do too much too soon!

### Exercising methods

- Always start slow and easy
- Build up exercise over weeks and months
- Use 30 second periods of increased activity every 5-10 minutes (up to 70% maximum pulse rate)
- Keep your basic heart rate at about 60% maximum
- Exercise at least three times a week, walking a total of 140 minutes or jogging 90 minutes every week.

### Types of Exercise

#### Use Aerobic exercise

- Walking
- Swimming
- Bicycling
- Self-propelled treadmill or exercycle
- Light water polo or water aerobics
- Light aerobics with a heart-trained instructor

### DO NOT

- Use weights, unless medically approved
- Run or jog without medical advice
- Play squash or tennis without medical advice
- Join a gym or aerobics class unless the instructor is trained for heart patients

### Improve your whole risk profile

#### **Do not smoke.**

Use a low fat, low cholesterol diet

Ask your General Practitioner to ensure your blood cholesterol and blood pressure are normal.

### MAKE EXERCISE A WAY OF LIFE

- Make it into a habit. Walk the dog!
- Exercise at least three times a week
- Vary the type of exercise
- Choose alternative routes. Keep it interesting!
- Greet the people (and dogs!) along the route
- Use music during stretching, or a walkman as you walk
- Join a walking group with people at your level

### SIX WEEK STARTING PROGRAM

- Spend five minutes stretching and limbering up, both before and after exercise.
- Exercise at least three times a week.
- Keep your basic heart rate at 60% maximum, with bursts of 30 seconds at 70% maximum every 5-10 minutes.
- Slow down if you become short of breath, get chest pain or palpitations, or get very tired.
- If you are excessively tired after exercising, slow down your program by one week.

|        | SWIMMING   | OTHER EXERCISE |
|--------|--|----------------|
| WEEK 1 | 10 mins  | 15-20 mins     |
| WEEK 2 | 15 mins  | 20-30 mins     |
| WEEK 3 | 20 mins  | 30-40 mins     |
| WEEK 4 | 25 mins  | 40-50 mins     |
| WEEK 5 | 30 mins  | 50-60 mins     |
| WEEK 6 | From now on start increasing your distance in the same amount of time. |                |

### LIMBERING UP

#### PERFORM THESE SLOWLY AND RHYTHMICALLY

- Rotate your neck 3 times clockwise and anticlockwise
- Rotate your shoulders 6 times clockwise and anticlockwise
- Lift your knees up to waist level 6 times for each leg
- Go up and down on your toes 6 times
- Rotate hips 3 times clockwise and anticlockwise
- Step up onto a low stool with alternating legs 10 times.