



Exercising with Heart Failure

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Regardless of your age or athletic ability exercise is good for you.

Weight management

Increased energy and stamina

Boost the immune system

Improved blood sugar

Decreased risk of osteoporosis

Improved heart health

Decreased Stress on Joints

Decrease Inflammation

Better Quality of Life

Keeps our minds Sharpe

Gain Capillary Growth: efficiency of the Heart
and improved Blood Flow

Decreases Risk of All Cause Mortality by 25%

Decrease Hospitalizations

Safety Parameters With Exercise

Please talk with your doctor or nurse prior to beginning an exercise program.

You may need to avoid certain exercises or have other restrictions based on your health.

The following information are general recommendations for exercise for those who have heart failure.





Monitoring YOUR Signs and Symptoms...

- ▶ **Shortness of Breath** is a common symptom that CHF patients face. Monitoring your weight daily and know your signs of fluid retention can help keep you safe with exercising. Pulse oximeters are great devices to aid in evaluating your oxygen saturations. Breathing Tactics like “Purse Lip Breathing and Diaphragmatic Breathing” are great tools to aid in controlling your breathing rate.
- ▶ **Fluid Retention** do you monitor you weight at home daily? If so remember to call your doctor if you have fluctuations with 2+lbs gain in a day (24 hrs) or 5lbs+ within a week. Are you having difficult sleeping flat, having slight heaviness and fatigue with decreased stamina?
 - **Lower Extremities:** Swelling on your ankles, feet, and mid calf lines.
 - **Abdominal:** Access how your clothes are fitting at your waist line
 - **Chest / Upper Body:** Dry Cough or Hoarseness with Strained Accessory Muscles
- ▶ **Blood Pressure** monitoring can aid in your understanding of your signs and symptoms. Systolic pressure increasing above your normalcy? Systolic pressures represent the ejection of the blood from the Ventricles. Diastolic pressures correlate with the refill of the blood back to the heart. Logging your blood pressures is the best way to keep track of your trends with your BP.
- ▶ **Rapid Heart Rate** accessing your heart rate and being able to identify your own pulse can benefit you! Evaluate your resting and exercising heart rates by palpating your pulse. Pulse oximeters are great devices to aid in monitoring pulse and SpO2.

If you have a Pace Maker review your device setting with your MD to have a better understanding of you HR.

There are 3 basic types of exercise

➤ Aerobic



➤ Strength



➤ Flexibility



Aerobic

Aerobic mean “with air or with oxygen”. It improves the way your body uses oxygen and has the greatest impact on improving your heart health.

This type of activity uses large muscle groups in a rhythmic and continuous manner. Exercises include; walking, stationary bike cycling, low impact or water aerobics, chair aerobics, etc.





Remember

The

FIT

Principle



Frequency: 3-5 times week

Intensity: Exercise at a moderate effort level.

Take the Talk/sing test. You should be able to talk when exercising. If you cannot talk slow down, if you can sing speed up.

RPE scale (rating of perceived exertion) 3-6.

Heart rate- Most people will become trained with increasing your heart rate 10-30 beats above your average resting heart rate. Remember to start off slow and gradually increase your intensity as you become stronger

Time: Exercise continuously at a comfortable effort for 20-30 minutes.

As your fitness improve you can increase your total exercise time to 30-60 minutes.

You may need to begin with 2-3 ten minute sessions for a combined time of 20-30 minutes.

Rating of Perceived Exertion (RPE) Scale

LEVEL	HOW DO YOU FEEL?
1 	I am resting
2 	I am hardly working
3 	Light effort, can talk easily
4 	Starting to feel a little tired
5 	Increased effort, slightly breathless
6 	Moderately tired
7 	Working hard
8 	Very strenuous, I can't talk easily
9 	Extremely tired, I need to stop soon!
10 	Maximal effort- I have to stop NOW!

Strength Training

This type of exercise involves repetitive muscle movement until the muscle become tired.

Strength training usually involves some form of resistance or weight such as dumbbells, weight training machines, or resistance tubes and bands.

Benefits of strength training include increased muscular strength and endurance, increased bone density, weight management, increased ability to perform ADL's "activities of daily living, and improved balance and posture.

Perform strength training exercises 2-3 days per week. Always have a day of rest between sessions.

Target the muscle in the arms and upper body.

Select a weight the allows you to perform at least 1 set of 10-20 repetitions

Do not use weights over 10 pounds.



Flexibility

Stretching exercises are performed at the end of an exercise session.

These exercises aid in the recovery of the muscles, restores elasticity, and help to improve their overall strength and function.

Stretch both upper and lower body and target all muscle groups.

Stretch to the point of mild tension. Work-up to holding each stretch for 15-30 seconds. Do not bounce- this may over stretch the muscle and cause injury.

Benefits of stretching include: improved balance, increased range of motion and better movement in the joints, and decreased risk of muscular injury.





Phases of Exercise

All exercise should have 3 phases- warmup, conditioning, and cool down.

Warm up: all exercise sessions should begin with a 5-6 minute warm-up. The warm up helps to prepare the body for exercise by warming up the tissues and joints. This reduces stress on your heart and muscle and helps to prevent muscular soreness. A warm up may include beginning an activity at a ‘light’ intensity level or range of motion exercises.

Conditioning: This is increasing your exercise to “moderate” effort and you begin tracking your exercise minutes.

Cool down: The phase should last 5-10 minutes. Decreasing exercise intensity to a light effort for 2-3 minutes and stretch all the muscles exercised is beneficial in helping the body recover from the conditioning phase.