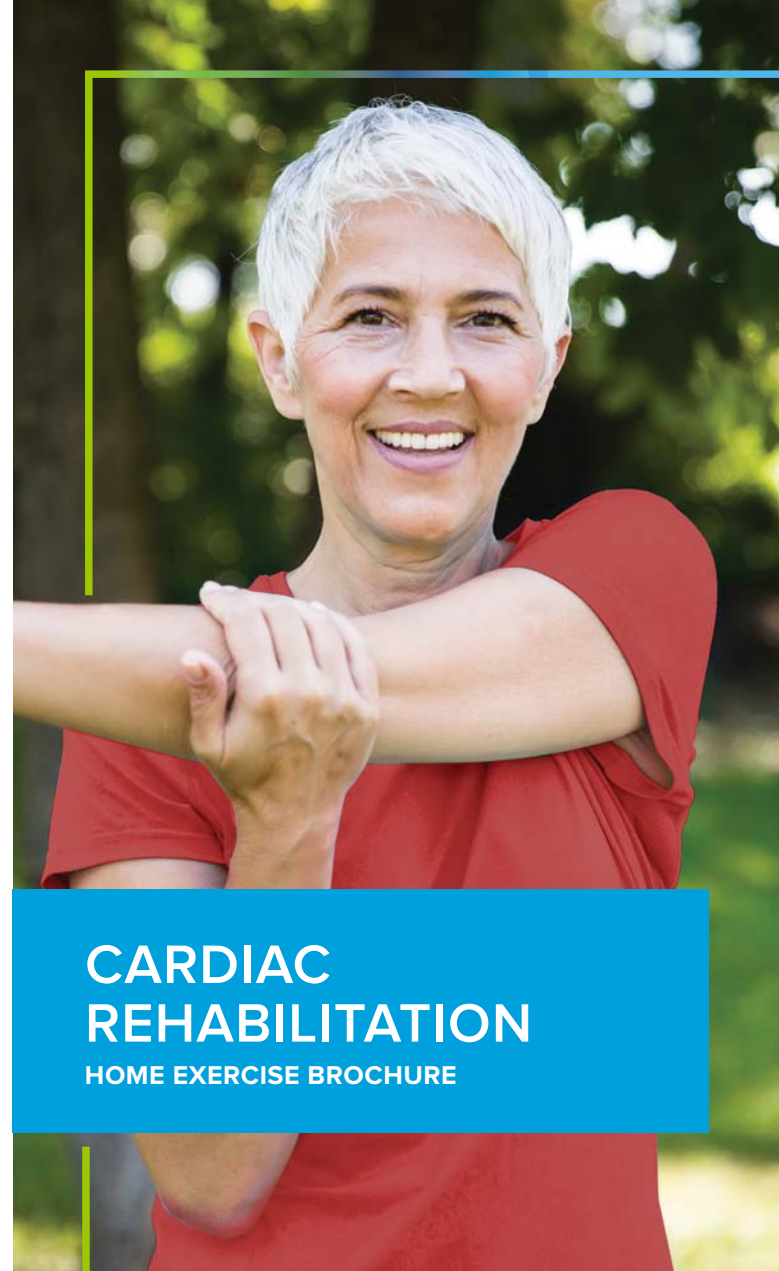


GUIDELINES FOR EFFECTIVE EXERCISE

- Record your heart rate and dyspnea level before, during and after exercise.
- Exercise before meals or allow one hour after a meal so your food can digest properly.
- Use pursed-lip breathing throughout the exercises.
- Be sure to use the breathing sequence described with each exercise and do not hold your breath.
- Do all the exercises one after another. If you have to stop between exercises, rest for no longer than 90 seconds.
- Do not overdo it. Stop and rest if you experience weakness, excessive sweating, chest pain or pain of any kind, dizziness, or increased shortness of breath that does not return to normal within a few minutes—contact your doctor.
- Exercise at least two to three times per week.
- Schedule your exercise period during your most productive time of day.
- Start with 10 repetitions of each exercise. If after several weeks the 10 reps have become easier, increase to 15 reps. As the repetitions become easier, gradually increase the amount of reps by five until you reach 30. At this point you can add a half- or one-pound weight, but you should decrease the reps back to 15 and repeat the process.

Jennie Stuart Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.
 ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 270-887-0101.
 ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 270-887-0101.
 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 270-887-0101。

Date	Mode	Total Exercise Time	Rest Pulse	Exercise Pulse	Comments



CARDIAC REHABILITATION
HOME EXERCISE BROCHURE



EXPERIENCE MAKES *the* DIFFERENCE.

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EXPERIENCE MAKES *the* DIFFERENCE.



CORRECT EXERCISE

WARM-UP: Begin each session with five to eight minutes of stretching.

Exercise at steady pace for 20 to 45 minutes. (You should be able to maintain a conversation while working at a steady pace.)

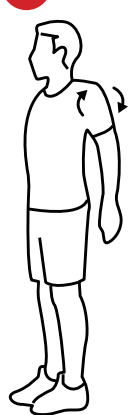
COOL-DOWN: End each session with five to eight minutes of light stretching.

Exercise at least two to three times a week for 20 to 45 minutes per session.

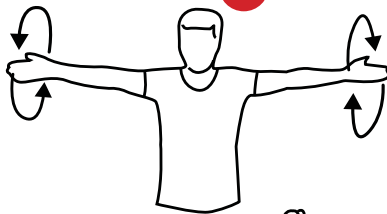
WARM UP

Spend one to two minutes on this section.

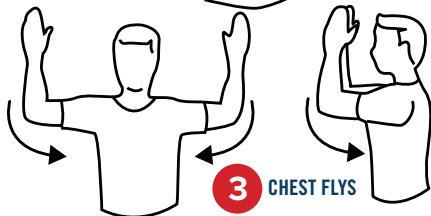
1 SHOULDER ROLLS



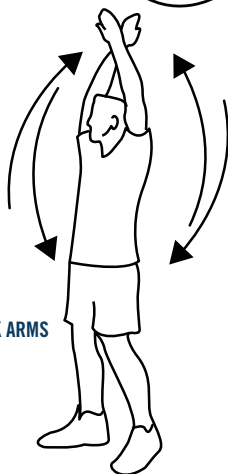
2 ARM CIRCLES



3 CHEST FLYS



4 JACK ARMS



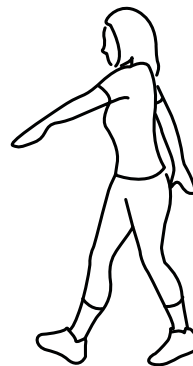
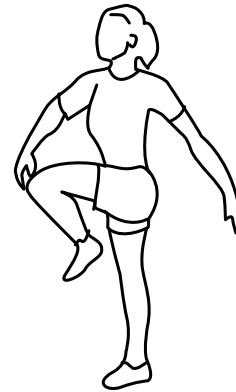
5 SIDE BENDS (ALTERNATE SIDES)



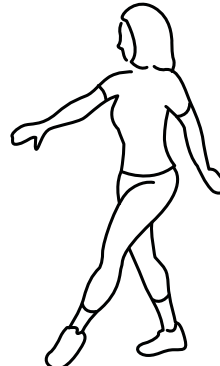
6 MARCHING IN PLACE



7 HAND TO KNEE (ALTERNATE SIDES)

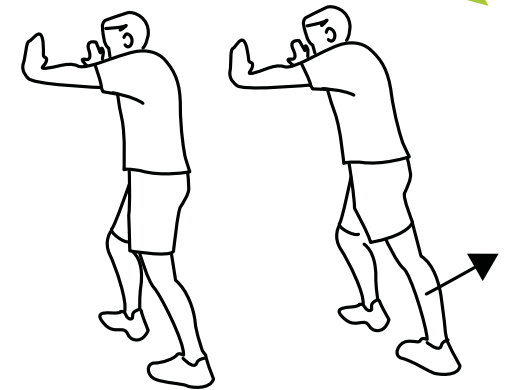


8 HEEL STRETCH (ALTERNATE SIDES)



9 TOE TAP (ALTERNATE SIDES)

1 CALF AND ACHILLES STRETCH



2 GROIN/HIP STRETCH



3 STANDING QUAD STRETCH



4 SHOULDER ROLLS



5 SHOULDER/BACK STRETCH



7 CHEST STRETCH



6 TRICEP STRETCH



COOL DOWN

The purpose of cool-downs after exercise is to safely bring your heart rate and body temperature back down to pre-exercise levels and increase flexibility. Begin with a slow, active recovery (i.e., slow walk) and progress to standing, then seated stretches of each muscle group as illustrated. Hold each stretch without bouncing for a minimum of 20 seconds, making sure not to overstretch to the point of pain. At the end of cool-down, your heart rate should be within 10-15 beats per minute of your pre-exercise heart rate.