

Getting Started

What can I do?

When can I resume?

Any movement you do is better than no movement!

Our bodies are built to move! **Sit less – Move more!**

- Aim to move, or change positions every 30 to 60 minutes. This helps to avoid long periods of not moving.

It doesn't matter where you exercise, it matters that you are exercising!

- Walking near your home, at a park or on a trail are great ways to keep active. You can enjoy the fresh air while outdoors!

Increase your activity and exercise slowly!

- If you have not been exercising regularly, start with 5–10 minute sessions. Do this often throughout the day.

Reminder: If you had recent cardiac surgery, there may be limitations when starting your exercise/walking program. Follow any guidance given by your surgeon.

It is ok to rest! Take a break if your body needs it!

- If you exercised at least 3 days per week before, slowly return to exercise.
- Work towards 30 minutes of exercise 3-5 days a week. See below for an example of a walking routine.

	Warm up	Exercise	Cool Down
Week 1 Every second day		10-min walk at an easy pace	
Week 2 Every second day	5-min easy walk	10-min walk at a faster pace	5-min easy walk
Week 3 4 days a week	5-min easy walk	15-min walk at a faster pace	5-min easy walk
Week 4 4 days a week	5-min easy walk	20-min walk at a faster pace	5-min easy walk
Week 5-6 5 days a week, or more	10-min easy walk	25-30 min walk at a faster pace Start to pump, or swing arms Walk up gentle hills leaning slightly forward	5-min easy walk

*Adapted from Heart and Stroke Foundation

Remember - The Talk Test:

If you cannot talk while you exercise, you are likely working too hard. If you can sing, you could likely work a little harder.

Signs or Symptoms of Exercising Too Hard

What is Normal with Exercise?	What I Should be Concerned About?
Faster heart rate	<ul style="list-style-type: none"> • Chest pain or discomfort in the arm, back or throat • Heaviness in the chest • New episode of irregular heart rate (pulse)
Breathing deeply	<ul style="list-style-type: none"> • Extreme shortness of breath with light to moderate activity
Breathing faster	<ul style="list-style-type: none"> • Wheezing • Inability to catch breath
Sweating	<ul style="list-style-type: none"> • Light headedness • Nausea • Extreme fatigue • Numbness
Mild muscle soreness	<ul style="list-style-type: none"> • Unable to perform activities of daily living

If you get angina while exercising, follow these steps:

Step 1: Slow your exercise pace for **one minute**.

If your angina does not go away continue to Step 2.

Step 2: **Stop exercising, sit down and wait one minute.**

If your angina does not go away, continue to Step 3.

Step 3: Sitting down, **take your medicine (nitroglycerin) as prescribed by your doctor**; rest for five minutes.

If your angina does not go away, continue to Step 4.

Step 4: **Take a second spray of medicine (nitroglycerin) and rest for five minutes.**

If your angina does not go away, continue to Step 5.

Step 5: **Take a third spray of medicine (Nitroglycerine) and Call 911 for help.**

For more information: smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/