



Remember :

Lifelong regular physical activity
- 30 minutes, five times per week –
is important for your general health.

"I feel so much better for my daily workout."

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THE TICKER CLUB

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supporting cardiac patients at Wythenshawe Hospital
0161-291 2873 : www.uhsm.nhs.uk/patients/tickerclub

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Physiotherapy Cardiac Rehabilitation
University Hospital of South Manchester NHS Foundation Trust
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Wythenshawe Hospital Cardiac Rehabilitation

Patient Information



and Physical Activity Diary

Name:

Physiotherapy Cardiac Rehabilitation
Telephone: 0161-291 2177

University Hospital of South Manchester 
NHS Foundation Trust

Cardiac Rehabilitation Information

This physical activity booklet has been designed for you to use at home to complement your weekly cardiac rehabilitation classes.

We aim to:

- educate you on how to exercise safely
- explain why exercise is so important
- teach you to recognise your own limitations
- set weekly achievable goals for home physical activity
- encourage you to record your home physical activity each day/week
- help you make exercise part of your normal daily routine.

If you are unsure about any exercise or information within this booklet, please contact a member of the cardiac rehabilitation team on 0161-291 2177.

Our overall aim is for you to be engaging in aerobic exercise for 30 minutes at least five times per week.



Home Physical Activity Diary (contd)

Week 8 [date] : Goal :

Day	Activity	Time (mins)	Scale 0-10	Symptoms	Steps (walk)
1					
2					
3					
4					
5					
6					
7					

- Remember that all activity should include a warm-up and cool-down period
- Using a pedometer/step counter can be an ideal way of helping to motivate and monitor your progress when walking

Home Physical Activity Diary (contd)

Week 7 [date] : **Goal :**

Day	Activity	Time (mins)	Scale 0-10	Symptoms	Steps (walk)
1					
2					
3					
4					
5					
6					
7					

- Remember that all activity should include a warm-up and cool-down period
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Rules When Exercising

Do :

- remember to start any exercise or physical activity slowly and gradually build up – you will not benefit from doing too much too soon
- “warm-up” before starting the active exercise plan [see page 7]
- always allow time for your body to cool down after exercise
- carry your glyceryl trinitrate (GTN) spray with you whilst exercising, if you have one
- monitor your blood sugar and have a starchy carbohydrate snack with you, if you are a diabetic
- wear loose, comfortable clothing
- wear sensible, well fitting supportive footwear
- keep your legs or toes moving when you are standing during activities
- exercise at the cooler times of the day in very hot humid weather
- choose physical activity you enjoy doing so that it becomes a regular part of your life
- try to include exercise in your daily activities (for example, walk to the local shops rather than use the car). Involve your friends and family to make activities fun and sociable.

Rules When Exercising (contd)

Do not :

- don't exercise during illness or infection, including the common cold
- don't exercise for two hours after eating a large meal
- don't begin to exercise if you are very hungry
- don't drink alcohol before or after exercise
- don't have a very hot or cold shower or sauna after exercise. They can lower your blood pressure and make you feel light headed and dizzy
- don't perform long sustained actions especially with your arms raised above your head, for example pushing a car or lifting very heavy objects
- don't hold your breath when exercising
- don't exercise outdoors on very cold or windy days as the heart has to work much harder under these conditions. In cold weather, walk at a slower pace and dress warmly
- don't continue to exercise if you feel any chest discomfort/tightness: stop and use your GTN as directed
- don't continue to exercise if you have any symptoms unusual for you, for example severe breathlessness, dizziness, nausea, palpitations, muscle cramps or extreme fatigue.

Home Physical Activity Diary (contd)

Week 6 [date] : Goal :

Day	Activity	Time (mins)	Scale 0-10	Symptoms	Steps (walk)
1					
2					
3					
4					
5					
6					
7					

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Home Physical Activity Diary (contd)

Week 5 [date] : **Goal :**

Day	Activity	Time (mins)	Scale 0-10	Symptoms	Steps (walk)
1					
2					
3					
4					
5					
6					
7					

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The Borg Scale of Perceived Exertion

Whilst exercising or carrying out physical activity, we want you to use the modified Borg Scale (0 -10) below, to help you rate how strenuous an exercise or activity feels to you. The perception of exertion depends mainly on the strain and fatigue in your muscles and on the feeling of breathlessness or aches in the chest.

No.	Effort experienced	Verbal expression
0	Nothing at all	
0.3		
0.5	Extremely weak	Just noticeable
1	Very weak	No problem
1.5		
2	Weak	Light /very easy to continue
2.5		
3	Moderate	Comfortable to continue
4		Beginning to feel puffed
5	Strong	Heavy /feeling a bit puffed
6		Feeling puffed
7	Very Strong	Tiring /you have to push yourself to continue
8		Very tiring
9		Out of breath/shattered
10	Extremely strong	As hard as most people have experienced, whole body exhausted
•	Absolute maximum (highest possible)	

The Borg Scale (contd)

- When using this scale, 0 means you are feeling 'no exertion at all' and 10 means the 'maximum exertion' you have ever experienced
- It is very important that you answer what you perceive (that is, your own feeling of effort and exertion) and not what you believe you ought to answer
- Be as honest as possible and try not to over-estimate or underestimate the intensities
- During the exercise classes you will be regularly asked (usually after the step-ups, static bicycle and treadmill) to look at the verbal expressions and then report a number on the scale
- Please remember to use the scale at home when exercising and record the Borg Scale number in your home exercise diary
- You should always exercise or exert yourself to a level where you feel most comfortable
- As you get fitter you should be able to do more exercise or activity and still be in your comfortable range.

Home Physical Activity Diary (contd)

Week 4 [date] : Goal :

Day	Activity	Time (mins)	Scale 0-10	Symptoms	Steps (walk)
1					
2					
3					
4					
5					
6					
7					

- Remember that all activity should include a warm-up and cool-down period
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Home Physical Activity Diary (contd)

Week 3 [date] : **Goal :**

Day	Activity	Time (mins)	Scale 0-10	Symptoms	Steps (walk)
1					
2					
3					
4					
5					
6					
7					

- Remember that all activity should include a warm-up and cool-down period
- Using a pedometer/step counter can be an ideal way of helping to motivate and monitor your progress when walking

Warm-up Information

What is a Warm-up?

Warm-up is a period of gentle activity, which prepares the body for the activities that will follow. The warm-up should last at least 10 - 15 minutes.

Why Warm-up?

To mobilise the joints that will be used in your exercise plan by slowly increasing their range of movement.

To gradually raise the heart rate by using large muscle groups.

To stretch the main muscle groups, holding each stretch for 10 seconds, to avoid muscle strains.

Warm-up Advice :

Keeping the feet moving is essential.

You should feel comfortable, that is, the exercise should feel easy to continue

If you find you are working too hard, reduce the level as necessary.

Hold on to a stable object if necessary.

If you need to sit down, continue the warm-up in a sitting position.

Whilst stretching you should feel a slight stretch in the muscle – it should not be painful.

Continue breathing as normal throughout – do not hold your breath.

Hold the stretch for 10 seconds – do not bounce!

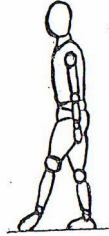
You will be advised which LEVEL of warm up to follow. LEVEL . . .

Warm-up Level 1

Walk gently on the spot in between each exercise

1. Alternate Toe Tap:

Stand feet together, back straight, arms by side. Tap alternate toes out in front.



2. Alternate Heel Dig

Stand feet together, back straight, arms by side. Tap alternate heels out in front.



3. Shoulder Rotation

Whilst walking on the spot (or wiggling your toes), slowly circle shoulders forwards and backwards.



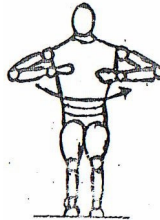
4. Shoulder Stretch

Whilst walking on the spot (or wiggling your toes), link arms behind back, roll shoulders back. Lift arms away from body. Hold for 10 seconds.



5. Side Rotation

Stand feet apart, knees slightly bent, arms bent at shoulder height. Twist to each side keeping hips facing forward and still.



Home Physical Activity Diary (contd)

Week 2 [date] : Goal :

Day	Activity	Time (mins)	Scale 0-10	Symptoms	Steps (walk)
1					
2					
3					
4					
5					
6					
7					

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Home Physical Activity Diary

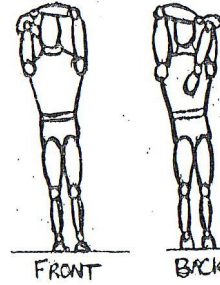
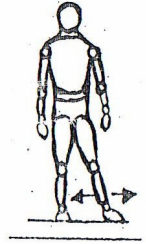
Week 1 [date] : Goal :

Day	Activity	Time (mins)	Scale 0-10	Symptoms	Steps (walk)
1					
2					
3					
4					
5					
6					
7					

- Remember that all activity should include a warm-up and cool-down period
- Using a pedometer/step counter can be an ideal way of helping to motivate and monitor your progress when walking

6. Alternate Side Step

Stand feet together, back straight. Tap alternate feet out to the side.

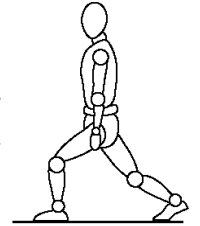


7. Triceps Stretch

Place one hand on shoulder, then use opposite hand to gently raise bent elbow towards ceiling. Hold for 10 seconds.

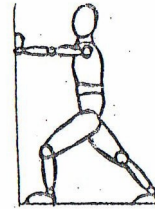
8. Alternate Back Step

Stand feet apart. Step backwards with alternate feet, bending front knee.



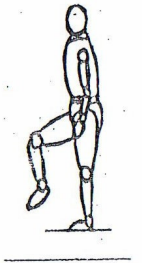
9. Calf Stretch

Stand with feet slightly apart, and then take one foot in front of the other, keeping back straight. Bend front knee forward until a stretch is felt in back calf. Hold for 10 seconds.



10. Alternate Knee Raise

Stand feet apart. Gently lift alternate knees.



Only progress to Warm-up Level 2 if advised to by your cardiac rehabilitation physiotherapist.

Warm-up Level 2

Walk gently on the spot in between each exercise

1. Alternate Toe Tap

Stand feet together, back straight, arms by side. Tap alternate toes out in front. Exaggerate movement. Bend alternate arms.



2. Alternate Heel Dig

Stand feet together, back straight, arms by side. Tap alternate heels out in front. Exaggerate movement. Bend alternate arms.



3. Shoulder Rotation

Place fingertips on shoulders. Make a circle with elbows forward and backward.



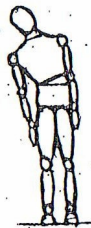
4. Shoulder Stretch

Whilst walking on the spot, roll shoulders back, link arms behind back. Lift arms away from body. Hold for 10 seconds.



5. Side Flexion

Stand feet apart, back straight. Hands by side. Slide hand down alternate legs, keeping back straight.



Benefits and Effects of Exercise

- Exercise helps to **build up the strength of the heart**, so it becomes more efficient, gradually enabling you to do more with less effort
- Exercise helps ensure your **blood pressure** remains **normal**. It can also help to lower high blood pressure and prevent high blood pressure from developing
- Exercise helps to **control diabetes** by improving your ability to maintain normal blood glucose levels
- Exercise helps to **lower blood cholesterol** levels and this helps to prevent fatty deposits being laid down in the coronary arteries
- Exercise helps you to **reach or maintain a healthy weight** by increasing the rate at which you burn calories (metabolic rate). Losing weight involves both eating healthily and increasing the amount of exercise that you do
- Exercise gives you a sense of well being and makes you feel good. This is due to an **increase** in the **endorphin and encephalin levels** in the blood
- Exercise **reduces stress**, anxiety and depression levels. It leaves you feeling revitalised and relaxed
- Exercise helps to **improve balance** and **flexibility**. It improves **muscle strength** and **maintains bone strength** by helping to slow down the loss of calcium.

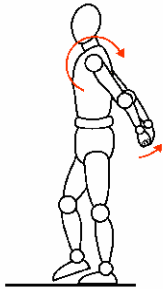
The Cool-down

The cool-down is as important as the warm-up - it allows your body time to recover from exercise. Gently walk around for about four minutes, gradually slowing down, until your breathing and pulse rate is lowered.

Shoulder Stretch :

Gently walk on the spot, link arms behind back, roll shoulders back. Lift arms away from body. Hold stretch for 15 seconds. Repeat three times.

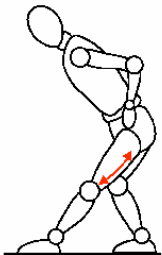
Walk on the spot **very gently** for 15 seconds.



Hamstring Stretch :

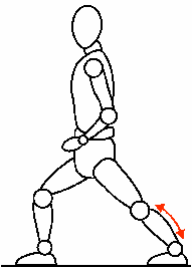
Stand with one foot in front of the other, back leg slightly bent, lean forward slightly, keeping back straight until a stretch is felt down the back of the front leg. Hold for 15 seconds. Repeat three times.

Walk on the spot **very gently** for 15 seconds.



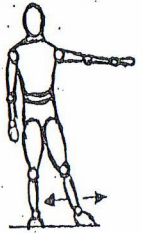
Calf Stretch :

Stand with one foot in front of the other, back straight. Bend front knee forward until a stretch is felt in back calf. Hold for 15 seconds. Repeat three times.



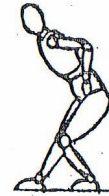
6. Alternate Side Step

Stand feet together, back straight. Tap alternate feet out to the side. Lift matching arms to shoulder height.



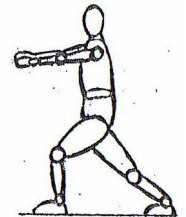
7. Hamstring Stretch

Stand with feet slightly apart, one foot in front of the other. Bend back leg slightly. Bend forward until a stretch is felt down the back of the front leg. Hold for 10 seconds.



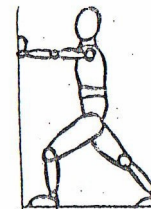
8. Alternate Back Step

Stand feet apart. Step backward with alternate feet, bending front knee. Lift alternate arms forward to shoulder height.



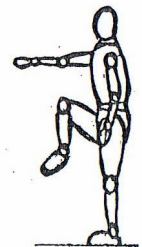
9. Calf Stretch

Stand with feet slightly apart, and then take one foot in front of the other, keeping back straight. Bend front knee forward until a stretch is felt in back calf. Hold for 10 seconds.



10. Alternate Knee Raise

Stand feet apart. Lift alternate knees. Exaggerate movement. Tap knee with opposite hand.



Only progress to Warm-up Level 3 if advised to by your cardiac rehabilitation physiotherapist.

Warm-up Level 3

Walk gently on the spot in between each exercise



1. Alternate Toe Tap

Stand feet together, back straight, arms by side. Tap alternate heels out in front. Exaggerate movement. Bend both arms.

2. Alternate Heel Dig

Stand feet together, back straight, arms by side. Tap alternate heels out in front. Exaggerate movement. Bend both arms.

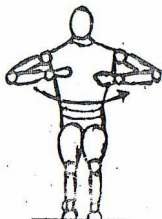


3. Shoulder Rotation

Place fingertips on shoulders. Make a circle with elbows forward and backward. Exaggerate movement.

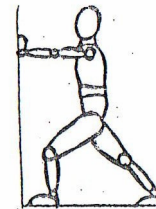
4. Shoulder Stretch

Whilst walking on the spot, link arms behind back, roll shoulders back. Lift arms away from body. Hold for 10 seconds.



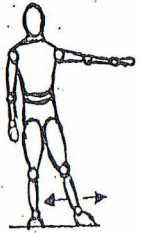
5. Side Rotation

Stand feet apart knees slightly bent, arms bent at shoulder height. Twist to each side keeping hips facing forward and still.



6. Alternate Side Step

Stand feet together, back straight. Tap alternate feet out to the side. Lift both arms to shoulder height.

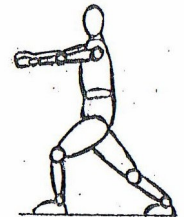


7. Hamstring Stretch

Stand with feet slightly apart, one foot in front of the other. Bend back leg slightly. Bend forward until a stretch is felt down the back of the front leg. Hold for 10 seconds.

8. Alternate Step Back

Stand feet apart. Step backward with alternate feet, bending front knee. Lift both arms forward to shoulder height.

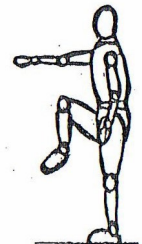


9. Calf Stretch

Stand with feet slightly apart, then take one foot in front of the other, keeping back straight. Bend front knee forward until a stretch is felt in back calf. Hold for 10 seconds.

10. Alternate Knee Raise

Stand feet apart. Lift alternate knees. Exaggerate movement. Lift opposite arm to shoulder height.



After the warm-up follow the personal exercise plan given to you by your cardiac rehabilitation physiotherapist.