



EXERCISE INSTRUCTIONS

Atrial Fibrillation

Always follow the advice of your provider (doctor/nurse practitioner/physician assistant). The instructions below are general and should only be done with their approval.

General Guidelines

- Warm-up: 10 minutes
- Aerobic: 30-60 minutes continuous exercise (use RPE – see next page)
- Weight Training: 10-20 minutes
- Cool-down: 5-10 minutes
- Stretching: Up to 5 minutes of light stretching

Warm-up

Easy/light movement that prepares muscles for aerobic and/or weight training exercise.

Aerobic

- No restrictions generally apply once you have clearance from your physician.
- Done most days of the week at a moderate intensity.
- Uses large muscle groups working together.
- Should cause an increase in heart rate (HR) and breathing rate, but you should still be able to carry on a conversation.
- Examples: walking, biking, Nustep® and using an elliptical...

If unable to perform 30 minutes of continuous exercise, try interval training.

- Continuous exercise - exercise at the same pace for entire time
- Interval Training - vary exercise with easier to harder segments, for example:
 - walk at a comfortable pace for 3 minutes
 - then try increasing speed or elevation for up to 1 minute,
 - then return back to original pace for another 3 minutes -
 - repeat as tolerated.

Weight Training

- Aim for high repetitions with light weights 2-3 days per week,
- Start with 1 set of 10 per muscle group (legs, back, chest, shoulders, and arms). Once body has adapted (usually 1-2 weeks) -
- Progress by increasing to 2 - 3 sets of 10- 15 repetitions as tolerated
- Strength training should only be performed after some form of cardiovascular/aerobic warm-up. Be sure to breathe while strength training. No breath holding.
- **Note:** it is not safe to do isometric training (pushing against a fixed object or a high resistance without movement) at this time.

Cool-down

Similar to the warm-up; light movement to help bring your heart rate back down to its resting level.

Stretching

- Decreases muscle soreness and increases flexibility.
- Done after every workout session.
- Hold stretch up to 30 seconds (as tolerated) without moving, and be sure breathe (don't hold your breath).

PRECAUTIONS

- Your physician should clear you before you start an exercise program. You might ask your physician about an exercise stress test to see heart rate response with exercise.
- Monitoring heart rate maybe needed (use of a heart rate monitor or manually taking your heart rate to assure your heart rate is not too high).
- Exercise may result in fluid loss (dehydration) so drink fluids to prevent low blood pressure after exercise. Patients on fluid restriction should ask for more specific advice from your physician.

WHEN TO CALL & WHO TO CALL

If you have any of these symptoms before or during exercise, stop exercise immediately and contact your physician prior to any further activity:

- Chest pain
- Dizziness or lightheadedness
- Rapid heart rate
- Unusual shortness of breath
- Anything that feels different than usual.

RATING OF PERCEIVED EXERTION (RPE)

Use this scale to find the intensity level of your exercise. A rating of 11-13 is ideal.

6	
7	Very, Very Light
8	
9	Very Light
10	
11	<i>Fairly Light</i>
12	
13	<i>Somewhat Hard</i>
14	
15	Hard
16	
17	Very Hard
18	
19	Very, Very Hard
20	

For questions about exercise, call the exercise specialists at:

Cardiovascular Center

734-936-5627

Cardiovascular Medicine at Domino's Farms

734-998-5666 or 647-7321

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