
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: 10-15 minutes
- Aerobic: 20-60 minutes continuous or accumulative exercise
- 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

- Done 3-7 days of the week.
- 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.
- Walking is the preferred type of exercise.

If unable to perform 20-60 minutes of continuous exercise, try shorter bouts of exercise equaling a total of 20-60 minutes.

Weight Training

- Use light weights 2-3 days per week,
- Training should include 10-15 repetitions of 8-10 different types of exercise that involve major muscle groups (legs, back, chest, shoulders, and arms).
- Proper breathing is very important when doing weight training. Be sure to breathe out on the exertional part of the exercise.
- **Strength training should only be performed after some form of aerobic warm-up.**
- **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 HR 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 to keep breathing.

Balance/Coordination Exercises

- Important due to the risk of falling.
- Ask your physician what the best balance exercises are for you.
- Should be done 2-3 times per week.

PRECAUTIONS

- Your physician should clear you before you start an exercise program.
- Falling is a major concern. Special precautions may be needed to prevent injury. For example, hand rails or a harness may be added to the treadmill to prevent falling.
- **Exercise may result in fluid loss (dehydration) so drink fluids to prevent low blood pressure after exercise. However, patients on fluid restriction should ask for more specific advice.**

WHEN TO CALL & WHO TO CALL

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

- Chest pain
- Shortness of breath
- Lightheadedness, or
- Severe headache
- 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 consultants at:

Cardiovascular Center

734-936-5627

Cardiovascular Medicine at Domino's Farms

734-998-5666 or 998-7400

Developed by Preventive Cardiology (Exercise Physiologists), UMHS.