



The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information Guides at <http://infoguides.med.umich.edu/home>

### Brochures, Fact sheets

- American Heart Association
  - **How Can Physical Activity Become a Way of Life?**  
[http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300470.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300470.pdf)
  - **Just Move: Our Guide to Physical Activity**
  - **Walking for a Healthy Heart**
  - **Why Should I Be Physically Active?**  
[http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300469.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300469.pdf)
  
- Krames
  - **Fitness and Heart Disease**
  
- National Heart, Lung and Blood Institute (NHLBI)
  - **Your Guide to Physical Activity and Your Heart**  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/phy\\_active.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/phy_active.pdf)
  
- National Institute on Aging
  - **Exercise & Physical Activity**  
[https://go4life.nia.nih.gov/sites/default/files/nia\\_exercise\\_and\\_physical\\_activity.pdf](https://go4life.nia.nih.gov/sites/default/files/nia_exercise_and_physical_activity.pdf)

### Books

- Krucoff, Carol and Carson, Kimberly. **Relax into Yoga for Seniors.** Oakland, CA: New Harbinger Publications, 2016.



- Schlosberg, Suzanne Neporent, Liz. **Fitness for Dummies**. 3rd ed. Indianapolis, IN: Wiley Pub., Inc, 2011

### **Books with Chapters on Physical Activity**

- DeBakey, Michael E. and Gotto, Antonio M. Jr. **The Living Heart In The 21<sup>st</sup> Century**. Amherst, NY: Prometheus Books, 2012.
- Houston, Mark C. **What Your Doctor May Not Tell You About Heart Disease**. New York, NY: Grand Central Life & Style, 2012.
- Lipsky, Martin S. **American Medical Association Guide to Preventing and Treating Heart Disease: Essential Information You and Your Family Need to Know about Having a Healthy Heart**. Hoboken, N.J. : J. Wiley, 2008.
- Mayo Clinic. **Mayo Clinic Healthy Heart for Life!** New York, NY: Time Home Entertainment, 2012.
- Ozner, Michael. **Heart Attack Proof**. Dallas, TX: BenBella Books, 2012.
- Rippe, James M. **Preventing & Reversing Heart Disease for Dummies**. Hoboken, NJ: John Wiley & Sons, Inc., 2015.
- Samaan, Sarah. **Best Practices for a Healthy Heart**. New York, N.Y.:The Experiment Publishing, 2012.

### **Audiovisual Materials**

- **Health Tips to Get Active, Exercise** (American Heart Association)  
<https://www.youtube.com/watch?v=wEBLFpT0aWs>
- **Physical Activity and Heart Health** (American Heart Association)  
<https://www.youtube.com/watch?v=KTDGYjcR0Yc>
- **Physical Activity Guidelines – Getting Started** (Centers for Disease Control and Prevention (CDC))  
<https://www.youtube.com/watch?v=qNdoOd11Vi8&feature=youtu.be&list=PL43D95102E29BC901>



- **Physical Activity Guidelines – Introduction** (Centers for Disease Control and Prevention (CDC))  
<https://www.youtube.com/watch?v=lEutFrar1dI>

### Web Resources

- **American Heart Association: Physical Activity**  
<http://www.heart.org>
  - Click on “**Healthy Living**”
  - Click on “**Physical Activity**”

This site provides information on The American Heart Association’s Recommendations for Physical Activity. Also provided is information about the benefits of exercise as well as suggestions for ways to include more physical activity into your life.
- **Centers for Disease Control: Physical Activity Basics**  
<https://www.cdc.gov/physicalactivity/basics/index.htm>

This information from the Centers of Disease Control can help anyone add physical activity to their lives. The site has sections for children, adults and seniors and provides the latest Physical Activity Guidelines.
- **National Heart, Lung, and Blood Institute: Physical Activity and Your Heart**  
<https://www.nhlbi.nih.gov/health/health-topics/topics/phys>

This site provides information on the benefits and risks of physical activity as well as information on getting started and staying active.
- **National Institute on Aging: Exercise and Physical Activity**  
<https://www.nia.nih.gov/health/exercise-physical-activity>

This site provides information on physical activity and exercise including examples and videos of different exercises.



### **Apps**

- **AllTrails**

Cost: Free

Available for iPhone and Android.

This app offers information on more than 50,000 hiking and mountain biking trails throughout North America. Users can filter lists based on whether trails are dog, child, or wheelchair friendly. You can also save lists of trails you have done and still want to do.

- **Daily Workouts**

Cost: Free

Available for iPhone and Android.

This app features nearly 100 exercises, which are grouped into targeted workouts (5 to 10 minutes) or full body workouts (10 to 30 minutes). For each exercise, daily workouts include on-screen instructions and a timer set to the length of the interval.

- **iTreadmill: Pedometer Ultra with PocketStep**

Cost: \$1.99

Available for iPhone.

This app features a Pedometer that senses motion as you walk and determines the length of your stride. Estimates calories burned. Once you establish your pace, it can select a tune with a matching beat. Also tracks time, speed, and distance walked.

- **Johnson & Johnson Official 7 Minute Workout**

Cost: Free

Available for iPhone and Android

This app guides users through the original 7 minute workout, as well as more advanced routines of varying duration and intensity, complete with short videos.



- **MapMyFitness**  
Cost: \$2.99  
Available for iPhone and Android.  
This app is a fitness tracker app that lets you keep a record of the progress you make in your workouts. The app can track more than 600 different kinds of workouts, including gym workouts, cross-training, yoga, cycling, and many more. Depending on your chosen activity, the app lets you track calories, distance, route, time, and other stats, through the use of GPS route mapping. The app is compatible with and can be connected to the most popular fitness tracking devices on the market.
- **MapMyWalk**  
Cost: Free  
Available for iPhone and Android.  
MapMyWalk is a pedometer and a fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your workout details, including duration, distance, pace, speed, elevation, calories burned, and route traveled on an interactive map.
- **Moves**  
Cost: Free  
Available for iPhone and Android.  
This app uses a phone's acceleration, cell tower, and Wi-Fi location data to track a user's daily walking, running, and cycling activity.
- **Pocket Yoga**  
Cost: \$2.99  
Available for iPhone and Android.  
Pocket Yoga comes with detailed voice and video instructions for hundreds of different poses. Users can choose between three practices and three durations. Then the app logs your exercises and progress for future reference.



- **Virtual Walk**

Cost: free

Available for iPhone and Android.

This app lets you track your walking using GPS or a treadmill, and use your accumulated miles towards different walking routes around the world. Even if you are just walking on your treadmill at home, circling your neighborhood, or walking on your local high school track, you can challenge yourself to complete the Appalachian Trail or take a tour of the memorials in Washington D.C.

- **Yoga Studio by Gaiam**

Cost: \$3.99

Available for iPhone and Android.

This app includes a library of more than 70 yoga and meditation classes that range from 10 to 60 minutes. These classes address strength, flexibility, relaxation, balance, or a combination of all four, and the app lets you filter based on duration, focus, and ability level.

### Michigan Medicine Resources

- **The Cardiovascular Disease Prevention & Rehabilitation Program at Domino's Farms** offers a number of relevant program and services including:

- Cardiac Rehabilitation Program
- Exercise Consultations
- Nutrition Services
- Stress Management Services

For more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation> or call: 734.888.287.1082.

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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