

Exercise and the heart



Exercise and the heart

- Why exercise?
- What type of exercise is best?
- How to exercise for maximum heart benefit
- Where to exercise - what is available?
- When not to exercise and when to seek advice



Why exercise?

- Makes everyday living easier, helping maintain your independence
- Improves and strengthens skeletal muscle
- Improves lung function
- Improves blood flow to all organs
- Reduces the heart's workload (the large skeletal muscles reduce resistance for the heart and acts like pump)
- Can assist to reduce anginal episodes
- Increase physical endurance
- Increases life expectancy



Coronary Heart Disease (CHD)

Facts and figures

- Being inactive is a major health risk and one of the main causes of death and disability in the UK
- Coronary Heart Disease is the UK's single biggest killer
- Physical inactivity is responsible for developing heart disease in over 1 in 5 people in developed countries



Why should we exercise?

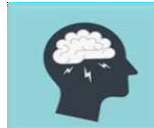
Reduction of risk factors

- Helps to control high blood pressure
- Helps to control diabetes
- Increases good cholesterol
- Helps to relieve stress with the release of endorphins
- Helps to maintain a healthy weight
- Take control of your health

Even more benefits

- Can reduce lethargy and improve sleep
- Maintain independence
- Increases: strength, stamina and suppleness
- Improves: balance, posture and coordination
- Boosts: confidence, self-image and motivation

Exercise is a great way to meet new people and to gain new experiences.



What type of exercise is best?

Aerobic / Cardiovascular

- Repetitive, rhythmic activity improving your large muscle groups. Improves oxygen rich blood supply to the body. Examples: walking, cycling, dancing.
- Ideally your exercise will make you feel warmer, breathe harder and make your heart beat faster than usual, but you should still be able to carry on a conversation.



Try to include.....

Strength and resistance training

- Make your muscles work harder and help to make them stronger It can also help with posture and balance try to include twice a week
- Examples: Walking up stairs, carrying shopping, resistance training in a gym



Flexibility exercises

- Help to stretch your muscles and maintain or improve your range of movement in a joint or in a series of joints & muscles.
- Examples: Bending, Stretching, Pilates, Yoga and Tai Chi



What exercise should I avoid?

- Intense static activities such as weight lifting, press ups or heavy digging
- Any activity that provokes angina
- Moving from floor to standing quickly
- Any activities that you are gasping for your breath – start slowly and build up



Exercise for maximum heart benefit

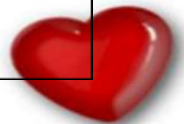
The aim for the population is 150 minutes of moderate aerobic activity a week
This can be split into 30 minutes sessions, 2x15 minute sessions or 3x10 minute sessions

If this is not achievable remember some exercise is better than no exercise.

How should I feel?

- You should always feel comfortable
- Use the sing / talk / gasp rule
- You should feel slightly warm and sweaty, slightly short of breath
- You should feel that you are always able to talk

<u>HOW ARE YOU FEELING WHEN EXERCISING?</u>	
0	NOTHING AT ALL
1	REALLY EASY
2	EASY
3	MODERATE
4	SORT OF HARD
5	HARD
6	
7	REALLY HARD
8	
9	REALLY, REALLY HARD
10	ABSOLUTE MAXIMUM



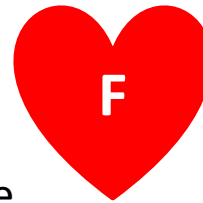
Exercise for maximum heart benefit

Warm up – Always warm up with light exercises at the start of the session. Starting slow and steady, gradually increasing intensity and range of movement for at least 10-15 minutes. This helps reduce the risk of angina and disturbances in heart rhythm by ensuring the coronary arteries are opened up and your heart has a good supply of oxygen. It also allows gradually warming of muscles and joints.

Main exercise – Conditioning phase

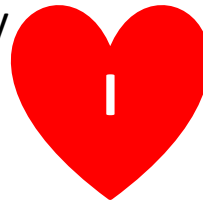
Cool down – Slowly decreasing intensity and range of movement to bring down heart rate and blood pressure for at least 10 minutes. This helps to prevent heart rhythm disturbances and allows your heart rate to recover within 10 beats of your resting heart rate.

As we get older heart rates take longer to recover.



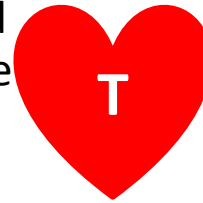
Frequency

- 5x a week
- 2 rehab sessions + own exercise



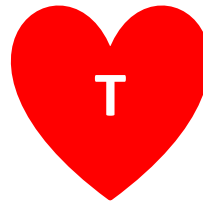
Intensity

- 60-75% Heart Rate Max (HRM)
- 40%-70% Heart Rate Reserve (HRR)
- 3-4 Rate of Perceived Exertion (RPE)



Time

- 20-30 minutes (excluding warm-up and cool-down)



Type

- Aerobic endurance training
- Interval training



Overcoming barriers to being active!

- I don't have time
 - I don't have the motivation
 - I don't enjoy exercise
 - The British weather!
- Incorporate activities into your day to day life (take the stairs, walk to the a further bus stop, park further away from the shops).
 - Join a class or a group/ make it into a habit such as walking the long way round to the shops. Be active with family or friends, involve children and grandchildren.
 - Choose an activity you enjoy. Remember the positives, once you start being more active, you'll have more energy and feel more relaxed.
 - Exercise indoors at home, walk up and down your stairs, play a game with the dog or with children.



Overcoming barriers to being active!

- It's too expensive
- I work funny hours
- I might injure myself
- I'm embarrassed
- Walking, bending and stretching is all free.
- Reduce being sedentary. Get away from your desk during lunch at work. Stand up every 30 minutes.
- Start slow and be sensible. Increasing goals as and when you feel able to.
- Exercise at home, you don't have to be dressed in sports wear to be active.



Being sedentary

- Sitting can be a high risk factor and can increase your risk of CHD and diabetes.
- Consider taking multiple mini breaks when watching TV, at your work station and driving long distances.
- 2 hours of standing burns 96 calories (over a week 480 calories, over a year 25,000 calories =1/2 stone).
- Primary goal is to reduce sitting time to <7 hours a day.



Individually tailored exercise

- Speak with your Cardiac Exercise Instructor/Cardiac Rehab Nurse about levels of exercise. These will vary from person to person.

Goal setting

- Have a realistic and specific target.
- Start off gradually, do what you can within your limits and build up spending more time being physically active.
- Only increase your target when you can achieve the activity easily, don't run before you can walk!

- Try to incorporate the activity into your daily routine to make it habitual.

Ideas:

- Park in the supermarket car park further away.
- Take the stairs instead of the lift / escalator.
- Get off the bus a stop earlier and walk .
- Walk to the corner shop instead of taking the car.

**Be proud of what you have achieved.
Find something you enjoy!**



Where can I exercise?

- Phase 4 Cardiac Rehab classes
- Health walks
- Cycling for health
- Circuits classes
- Chair-based classes
- Pilates / Yoga
- Tai Chi
- Walking football / rugby / netball groups
- AGE UK classes
- Own exercise – walking, gym, swimming, cycling, dancing



When not to exercise!

- If you are feeling ill / have a temperature.
- If you have just eaten a big meal (wait 2 hours).
- In extremes of temperature (hot or cold).
- If your BP is 180/100 or over.
- You have been advised not to by a health care professional.
- If you are experiencing palpitations.
- If you feel tired, very breathless, sick, dizzy or are experiencing chest pain.



Summary

Regular exercise:

- Is a powerful way to protect the heart (as effective as heart medication).
- It helps you live longer.
- It improves overall well-being.
- Helps to maintain independence.

