

Cardiac Exercise

One Single, Amateur
Patient's Opinion

Cardiac Exercise cont.'d

1. Cardiac consultation:

- Cardiologist must approve of your health program.
- Exercise can improve your health and may extend your life.
- But exercise **can be dangerous for some of us.**

Cardiac Exercise cont.'d

2. Each program is unique to your condition and level of training: mountain climbing for some; walking a single block for others.

Even modest exercise can do a great deal of good for those of us with failing hearts.

Cardiac Exercise cont.'d

3. Components vary: **walking**, running, swimming, cycling, dancing; find something you enjoy doing, that is appropriate and safe for you.
4. **Every day do something. Keep a record of what you do and of your weight.**

Cardiac Exercise cont.'d

5. TAKE BREAKS WHEN YOU GET TIRED, OVERLY SHORT OF BREATH, DIZZY, OR HAVE EVEN A HINT OF CHEST PAIN. DISCUSS FLUID INTAKE WITH YOUR CARDIOLOGIST, EXPECIALLY IF YOU HAVE SALT AND FLUID PROBLEMS.

Cardiac Exercise cont.'d

6. Direct benefits; increased cardiac output, decreased shortness of breath.

Side benefits: satisfaction, improved mental health, possibly weight control.

Cardiac Exercise cont.'d

Exercise is a serious responsibility of each of us. No one can do this for us. **Failure to exercise is failing your heart, failing yourself, failing your loved ones.**

THESE ARE MY OWN OPINIONS, NOT APPROVED OR ENDORSED BY THE ADULT CONGENITAL HEART ASSOCIATION.