



GET MOVING WITH HEART FAILURE  
Heart Failure Awareness Week 2017 · February 12-18, 2017

*Lace up and Go!*  
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## Heart Failure & Exercise

### Biking

Heart failure occurs when your heart is not able to pump enough blood to meet your body's needs. The term heart failure sounds very frightening and many people assume they are unable to exercise if they are diagnosed with heart failure. Studies have shown that individuals living with chronic heart failure who are more active and involved in routine exercise live longer as well as have fewer heart failure symptoms, hospitalizations, and have a better quality of life. The goal for most people with heart failure is to exercise 20 to 30 minutes per day five days a week. Remember to start any exercise routine slowly.

Biking (stationary or outdoor) is a common, effective, and safe aerobic exercise for heart failure patients. Before starting a biking routine talk to your physician to make sure it is safe. Your physician may want you to begin an exercise routine in a supervised exercise program such as Cardiac Rehabilitation.

#### Tips for Heart Failure Team

- Keep all appointments with your health care providers
- Bring all medications, including those you buy off the shelf (over-the-counter) to your appointments
- Review all medications with your providers
- Take your medications as prescribed
- Refill your prescriptions on time
- Let your health care provider know if you are not able to get or take your medications
- Weigh yourself every morning, record your weights in a diary or log
- Ask how much and what kind of exercise is good for you

#### Tips for Biking

##### Before pedaling off:

- Wear a helmet and make sure your helmet is secured properly
- Make sure your bike is properly adjusted, your seat is in a comfortable position, your wheels are secured, and your brakes work
- Stay visible at all times and bike in the direction of traffic
- Leave your headphones at home so you can pay full attention to your surroundings and traffic
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#### Tips for Heart Failure Team

- Ask your provider to write down maximal heart rate response (MPHR) or rate of perceived exertion (RPE)  
My MPHR is \_\_\_\_\_  
My RPE is \_\_\_\_\_
- Remember to bring your exercise log so you can track your activity
- Ask how much salt (sodium) you should have in a day (typically you should limit your sodium intake to 1,500 mg – 2,300 mg per day)
- Ask if your health care provider if you should limit your fluid intake
- Write down any questions you have and bring them to your appointments
- Talk to your provider if you need help to stop smoking or lose weight
- Before starting a biking routine talk to your physician to make sure it is safe
- Drink a glass of water before you exercise

#### Tips for Biking

##### Biking Tips:

- Begin with a light 5 minute warm up, such as light pedaling or walking, and stretch before beginning your exercise routine.
- Start your routine by biking on a stationary or outdoor bike for 2 minutes and rest for a minute. Repeat this 3 times until you reach 6 minutes of total exercise time.
- After 1 week of exercise repeat the 2 minute interval session 5 times to equal 10 minutes of total exercise time
- As this becomes easier lengthen your exercise period for 4 minutes and rest for 2 minutes, until you reach 2 minutes of total exercise time
- Then extend you exercise period for 5 minutes and rest for 2 minute intervals, until you reach 30 minutes of total exercise time.
- As this biking routine becomes easier decrease the time of your rest intervals and increase the intensity and resistance at which you exercise
- End your exercise routine with a 5 minute cool down (slowly decrease your speed and intensity) and stretch.