



GET MOVING WITH HEART FAILURE
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Lace up and Go!
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Heart Failure and Exercise

Tips for Exercising Safely

Heart failure occurs when your heart is not able to pump enough blood to meet the needs of your body. There are many causes and types of heart failure. You can exercise when you have heart failure. Many studies support that exercise helps you feel better and live longer. This tip sheet and the other tip sheets will help you through starting and maintaining an exercise program that suits your abilities and lifestyle.

Tips to work with your Heart Failure Team

- Keep all appointments with your healthcare providers.
- Bring all medications, including those you buy off the shelf to your appointment.
- Review all medications with your providers.
- Let your provider know if you are not able to get or take your medications.
- Bring a list of your weights from home
- Ask how much salt (sodium) you should have a day.
- Ask if you should limit your fluid intake.
- Talk to your provider if you need help to stop smoking or lose weight.
- Ask your provider what your weight goal should be.
- Ask how much and what kind of exercise is good for you.
- Ask your provider to write down your target heart rate.

Tips for exercise: How to Exercise Safely

- How do I start? First, ask your provider to help setting goals for an exercise program.
- Discuss with your provider your target heart rate (THR).
- Discuss with your provider your Rate of Perceived Exertion scale (RPE).
- Choose clothes and shoes designed for your type of exercise.
- Wear comfortable clothing that is appropriate for the weather. A hat in the summer and loose fitting cotton clothing to keep you cool.
- Apply sunscreen of at least SPF of 15 if you are exercising outside during the day.
- Dress in layers in the winter so, as you warm up, you can take off some layers. Cover your nose and mouth with a scarf when the weather is below freezing.
- Don't forget gloves in the winter time if exercising outdoors.