

Activity Level and Restrictions

Can I still remain physically active?

Yes! You may have decreased energy sometimes, but most people with heart failure have days that are better than others. Physical activity every day is good for your heart. Here are some tips:

- Start slowly and gradually build up activity every day.
- Aerobic activity is most beneficial (walking or swimming).
- Weight training is helpful. Start with light intensity and gradually build to moderate intensity.
- Give yourself plenty of rest in between and stop exercising if tired.
- Many people benefit from Cardiac Rehabilitation
- If exercising makes you too tired to perform any other tasks for the rest of the day, decrease the intensity and duration of your workout. It is most effective to gradually build up intensity and duration, adding about 2-3 minutes of exercise to your workout every week up to a maximum of 20-30 minutes.

How can I conserve my energy?

- Stop and rest when you feel tired, do not wait until fatigued.
- Plan out each day and try to accomplish one or two things with rest in between.
- Use a rolling cart for lifting or pushing heavy things like cleaning supplies and laundry.
- Try to sit down as often as you can while cleaning, folding laundry or other household tasks.
- When grooming, avoid hot or cold showers. Leave a window or door open while showering to avoid humidity as this can increase your risk of feeling faint.
- Plan to get 6-8 hours of sleep per night and rest time during the day.

For further information on an exercise program through Cardiac Rehabilitation at Doylestown Hospital, please call 215.345.2390.