



American Association of Heart Failure Nurses

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

Lace up and Go!
aahfnpatienteducation.com

Heart Failure and Exercise

Walking Program

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. Walking is one of the easiest exercises and it's free!

Tips to work with your Heart Failure Team

- Keep all appointments with your health care 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.
- Ask how much and what kind of exercise is good for you. Ask your doctor to write down your target heart rate.

Tips for Exercise: Walking

How do I start? First, ask your provider to help setting goals for a walking program

- First, start out slow and easy. For example, 5 – 10 minutes a day and build your way up gradually. If you cannot exercise every day, then try at least 3 days a week. You do not need to exercise all at one time. Try 15 minutes twice per day.
- Do this every day for a week. If this was easy for you, add five minutes to your walks every week until you reach a goal of 30 minutes.
- Do not worry about speed. Just concentrate on gradually increasing the speed over time.
- Celebrate and reward yourself when you meet your goals! Don't give up if you do not reach your goal on the first try. Keep trying.
- Keep a diary or journal recording how you feel.



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Tips to work with your Heart Failure Team

- 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.

Tips for exercise: Walking

- Make exercise fun. Choose different places to walk. Join a walking group at the local mall or ask a friend or neighbor to join you!
- Buy a pedometer to track your steps. Set a goal of how many steps you want to achieve daily.
- A pedometer is a battery-powered, vary in size, device that records and displays the number of steps you take based on your body's movement.
- Pedometers are not very expensive and reliable too. Many pedometers are worn at the waist or other locations, such as the arm or ankle.
- Many personal electronic devices such as your mobile phone or fitness bands feature a pedometer that tracks steps. Carry the phone with you in your pocket. If you have an I-Phone use Apple Health app and the Google Fit app on Android phones.
- Fitness band or activity trackers that are worn around your wrist that track steps distance, sleep and in some cases the heart rate.