

## IMPORTANCE OF EXERCISE IN HEART FAILURE



Ensures better sleep

Along with prescribed medications, exercise helps

improves your heart function to returns to normal

Weight reduction & to maintain ideal body weight

to:

Reduces Blood pressure, Cholesterol & to achieve better control of blood sugar

Makes you feel more positive and confident and improves emotional well being

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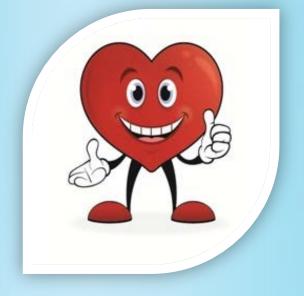
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Maintain and/or improve body balance and help prevent falls

Feel better - stronger and with less breathing trouble

Before you start exercising, talk to your doctor about an exercise program that's right for you. Your doctor may suggest a exercise program



Wear comfortable clothes and foot wear

Should have warm-up & cool down exercises

Start slowly, gradually build up to 30 minutes of activity, at least 5 days per week.

Exercise at the same time of day so it becomes a regular part of your life style.

Exercise that cause chest pain, severe shortness of breath, dizziness or lightheadedness

Exercise right after meals or extreme weather

Don'ts:

Exercise that require holding breath, bearing down or sudden bursts of energy

Don't get discouraged if you have to stop due to problems but restart whenever possible

Encourage group exercise

Do's:

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