



IMPORTANCE OF EXERCISE IN HEART FAILURE



Along with prescribed medications, exercise helps to:



- Ensures better sleep
- improves your heart function to returns to normal
- Weight reduction & to maintain ideal body weight
- Reduces Blood pressure, Cholesterol & to achieve better control of blood sugar
- Makes you feel more positive and confident and improves emotional well being
- 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

