



# Program Safety Plan

- 1) Call 911 for any emergencies.
- 2) Call my care team for other concerns.

**Warning symptoms can include:** severe shortness of breath; new pain, pressure or aching in my chest, arms, jaw, neck, shoulder, or back; extreme fatigue; light-headedness; irregular heart rhythm or heart fluttering; severe or unusual joint or muscle pain.

Provider	Name	Phone Number
Program Staff		
Cardiologist		
Primary Care Provider		

- 3) My Emergency Contact:

Relationship	Name	Phone Number



# Home Exercise Plan

Date: \_\_\_\_\_

## My Goal Activity (circle or write):

Walking · Peddler · Biking · Strength · Stretching · Swimming

Other: \_\_\_\_\_

## How hard should I work?

Aim for Moderate Effort. This is an exercise exertion of 12 to 14 range, in which you can talk but not sing.

	My Goal	Ideal for Heart Health
<b>Minutes per Session</b>		Start where you are. Aim toward 30 minutes per session.
<b>Days per Week</b>		Aim toward 3 to 5 days per week.
<b>Total Weekly Minutes</b>		Work toward 150 minutes or more per week.

## Warm-Up for 5 minutes:

Slow walking or gentle movement to prepare your heart.

## Cool-Down for 5 minutes:

Slow your pace, then stretch your arms and legs.

## Safety Reminders:

Stop and rest if you feel chest pressure, dizziness, unusual shortness of breath, or racing heartbeat.

## Remember:

Even 5 to 10 minute sessions count. Start where you are! We will support you each week.



# Exercise Exertion Scale

6	No Effort	Lying down
7	Light	Speak easily, little or no pause for breath
8	Light	
9	Light	
10	Light	
11	Light	
12	Moderate	Can talk, not sing.
13	Moderate	Breath more labored, but can carry a conversation.
14	Moderate	
15	Vigorous	Can say a few words between gasps of air.
16	Vigorous	
17	Vigorous	
18	Vigorous	
19	Vigorous	
20	Vigorous	

**Important:** To get the most out of your exercise sessions, aim to be in the 12 to 14 or Moderate Zone.



# Weekly Exercise Log

Week of:					
	Exercise Plan	Total Steps	Total Minutes	Exercise Exertion Level* (6-20)	Were you able to do it? Check for "Yes"
MON					<input type="checkbox"/>
TUE					<input type="checkbox"/>
WED					<input type="checkbox"/>
THU					<input type="checkbox"/>
FRI					<input type="checkbox"/>
SAT					<input type="checkbox"/>
SUN					<input type="checkbox"/>

**\*Refer to the previous page for Exercise Exertion Scale**



# Weekly Blood Pressure Log

Date	Blood Pressure
	/
	/
	/
	/
	/
	/
	/

## Exercises

*Ideas for how to exercise on your own.*



Scan the QR code or [click here](#) to check out the videos that correspond to the sketches on the following pages!

# Breathing Exercises

## Breathing: 4-7-8

Breath in  
for 4 seconds



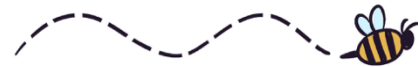
Hold  
for 7 seconds



Breath out  
for 8 seconds



## Breathing: Bee Breathing

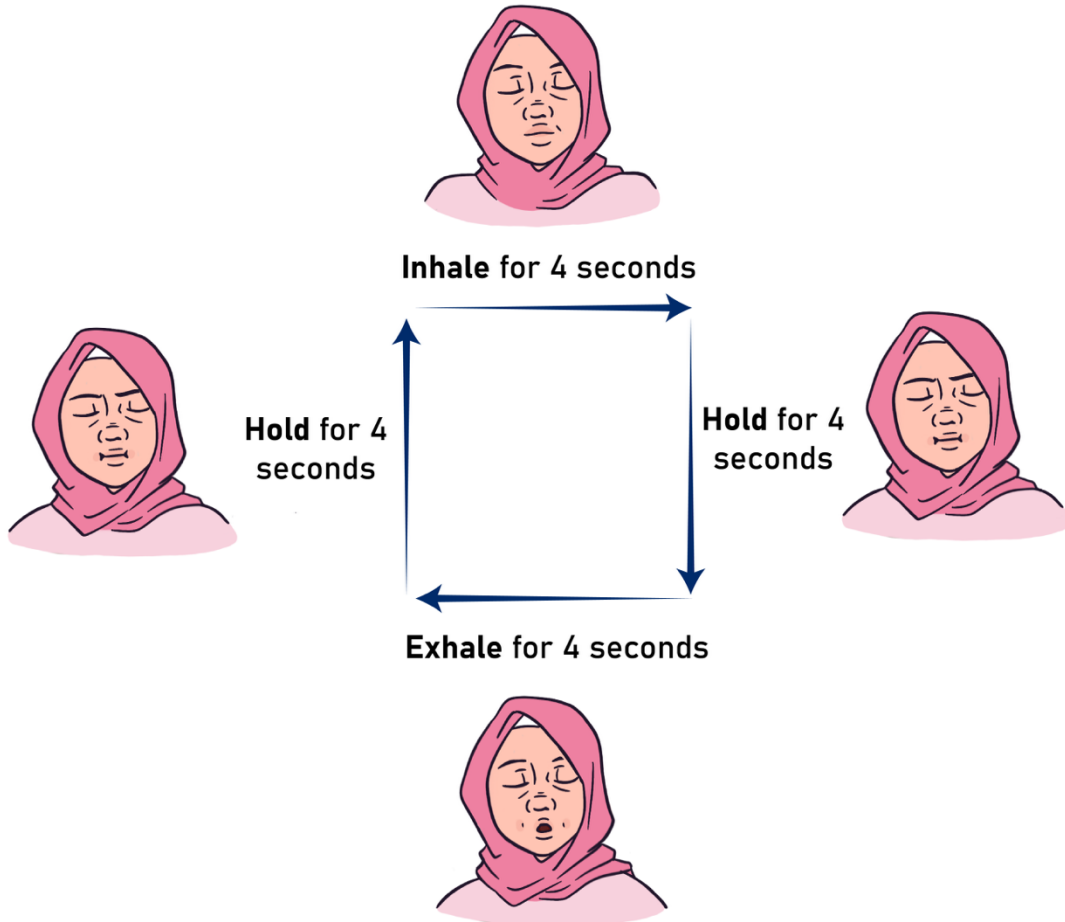


Breath in

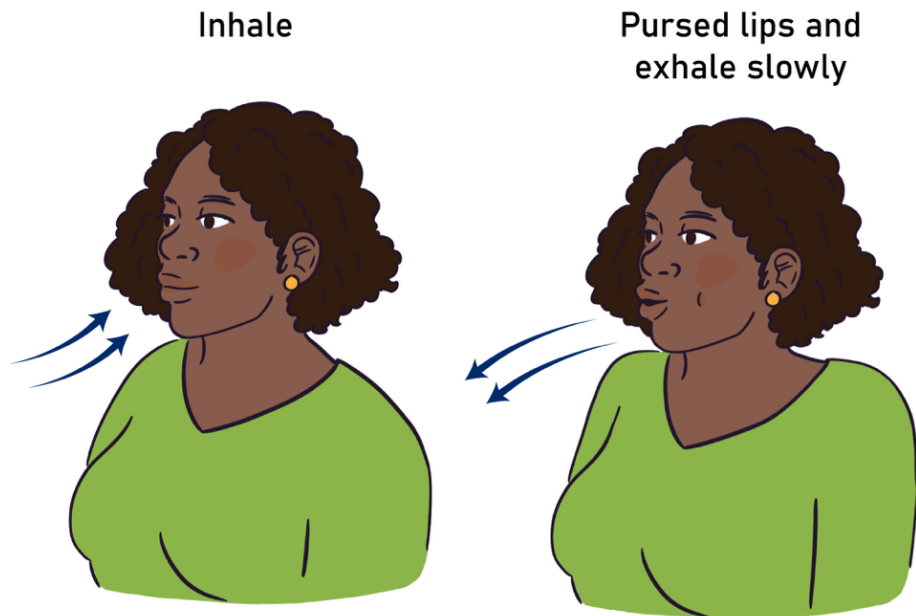


Breath out  
"hummmmmm..."

## Breathing: Box Breathing



## Breathing: Pursed Lip

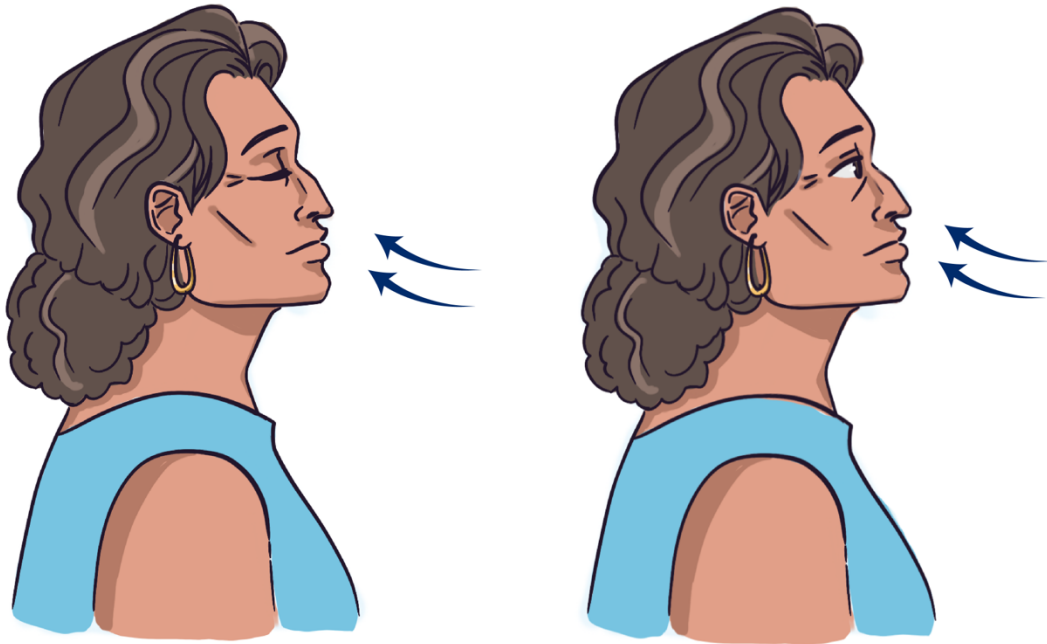




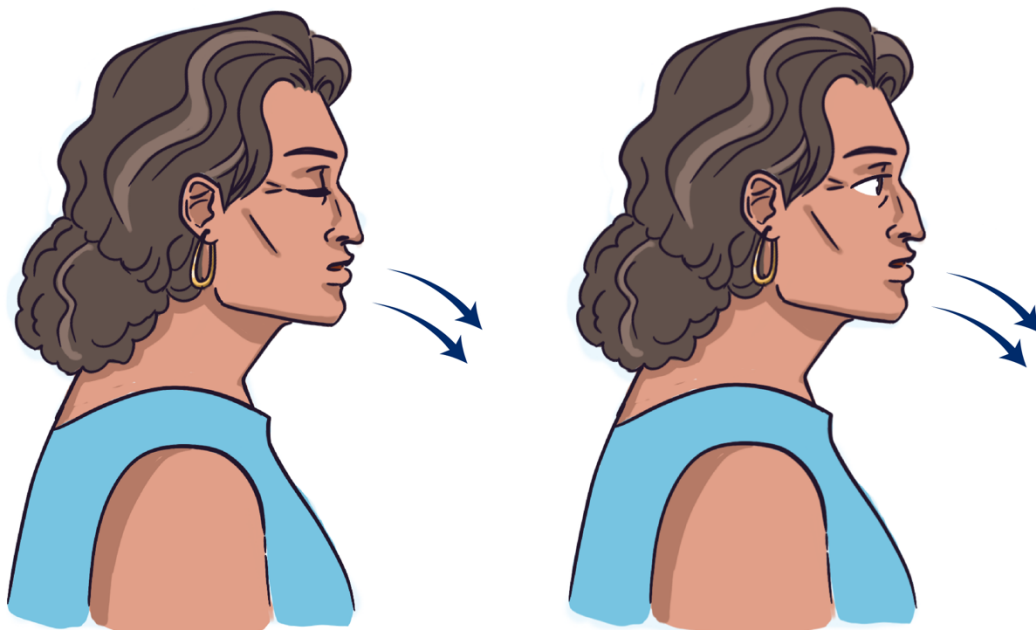
# Breathing Exercises

## Breathing: Steady Breathing

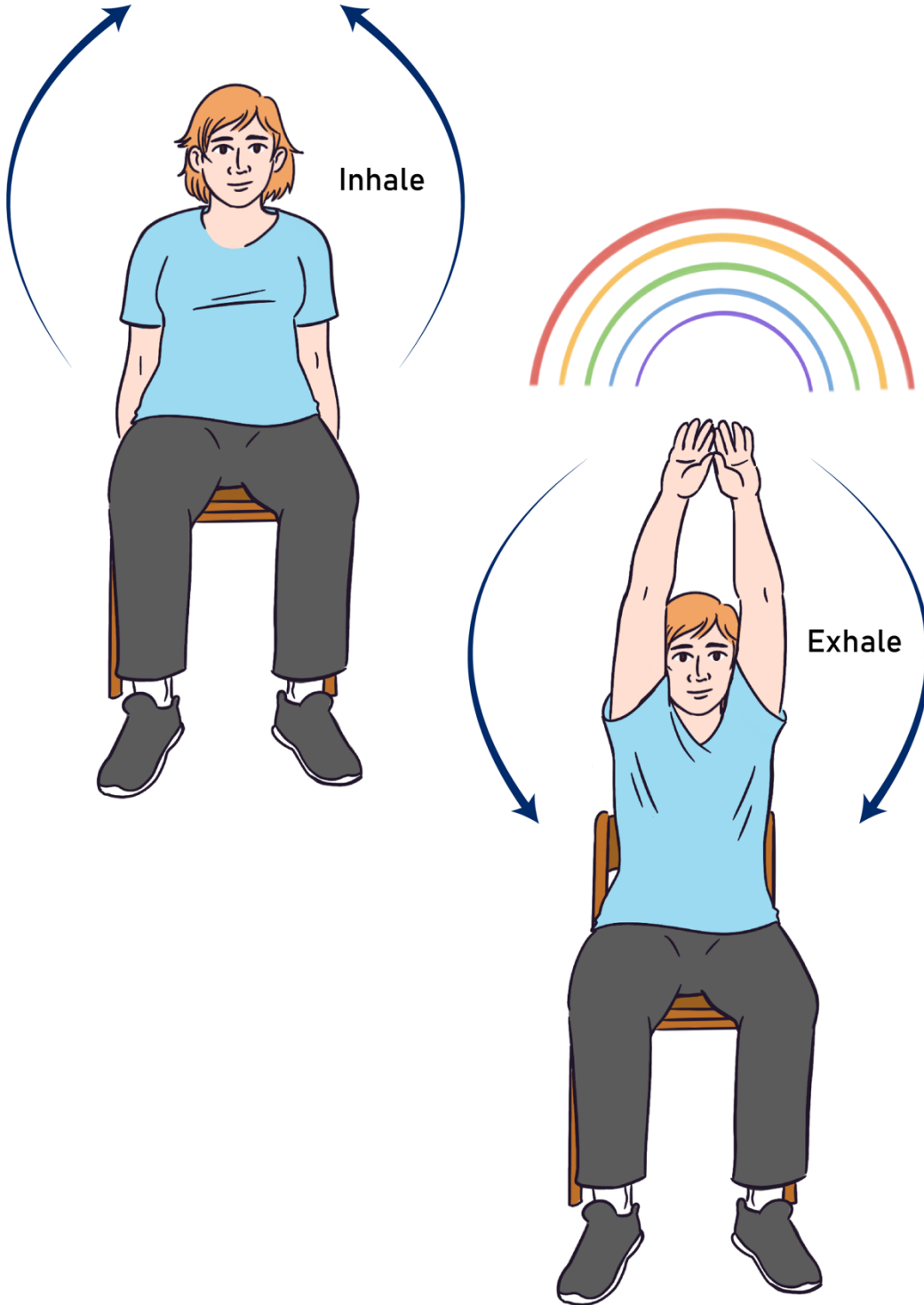
Inhale through the nose



Exhale through the mouth

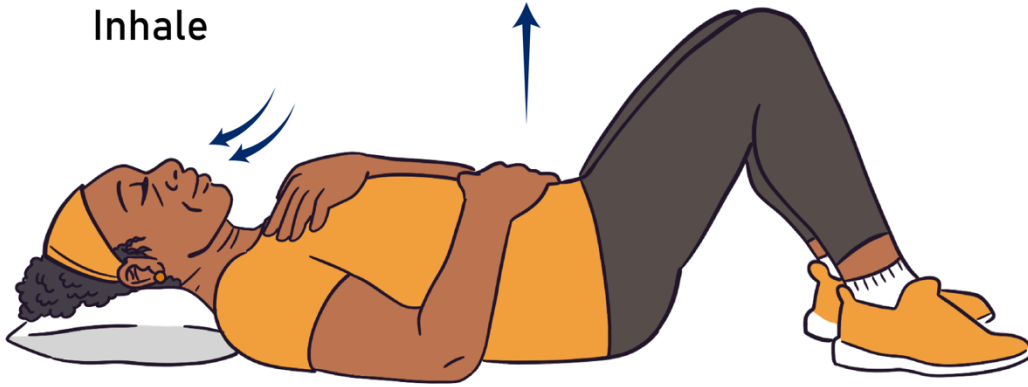


## Breathing: Rainbow Breathing

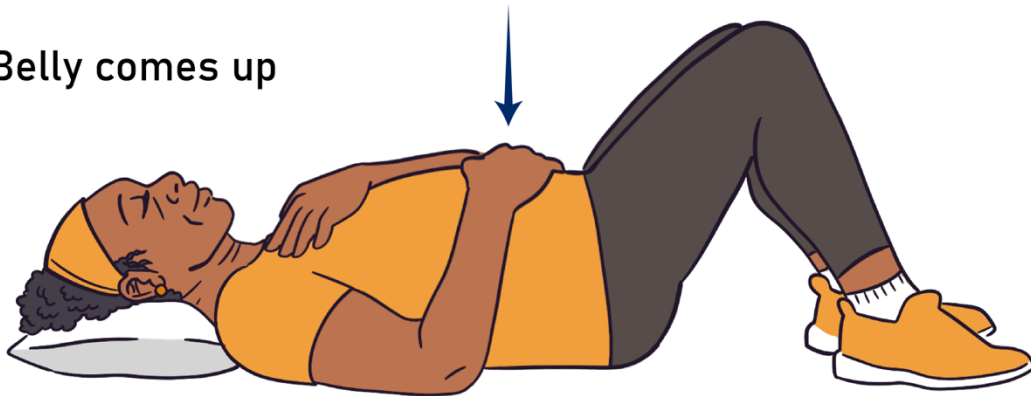


## Breathing: Belly Breathing

Inhale



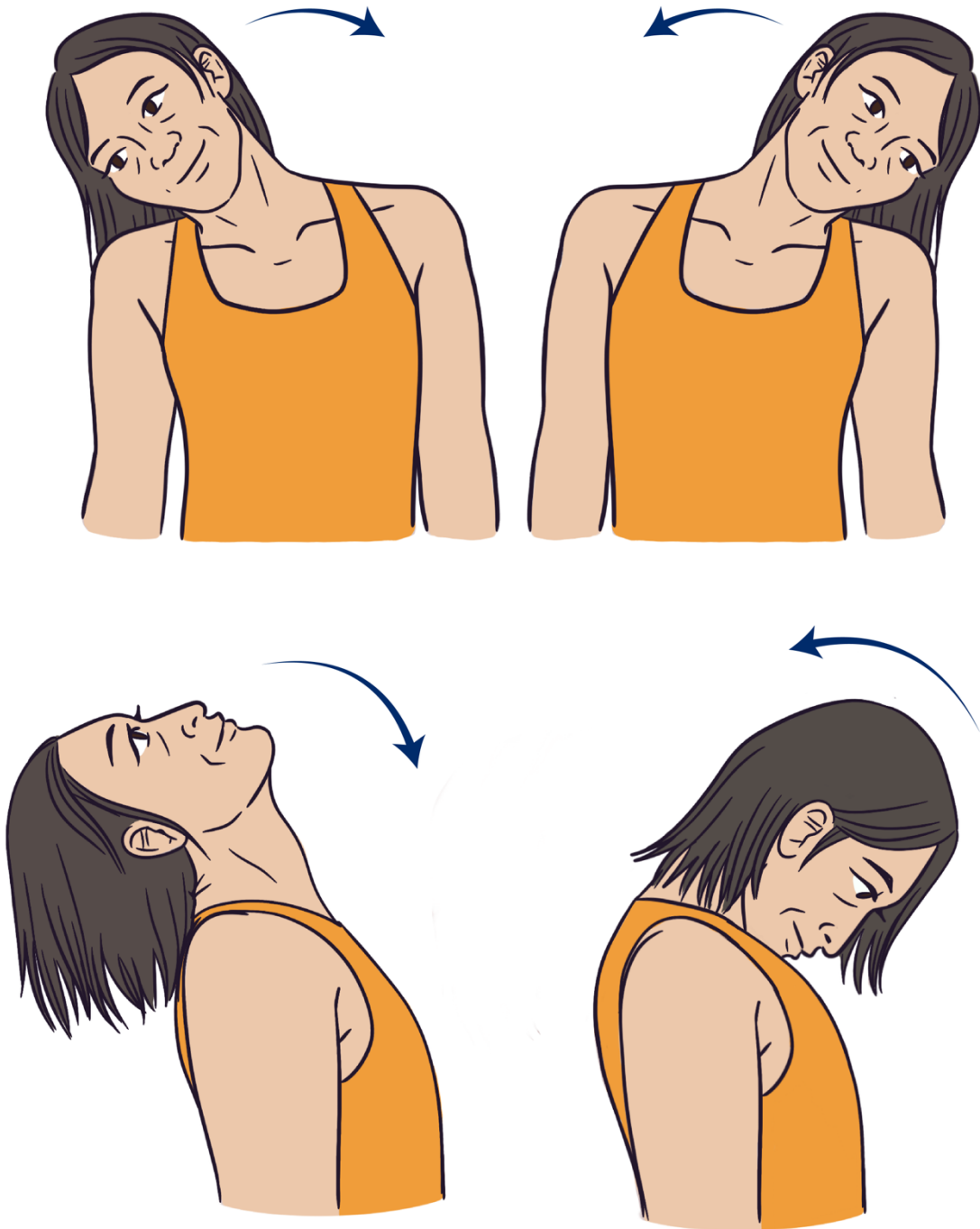
Belly comes up



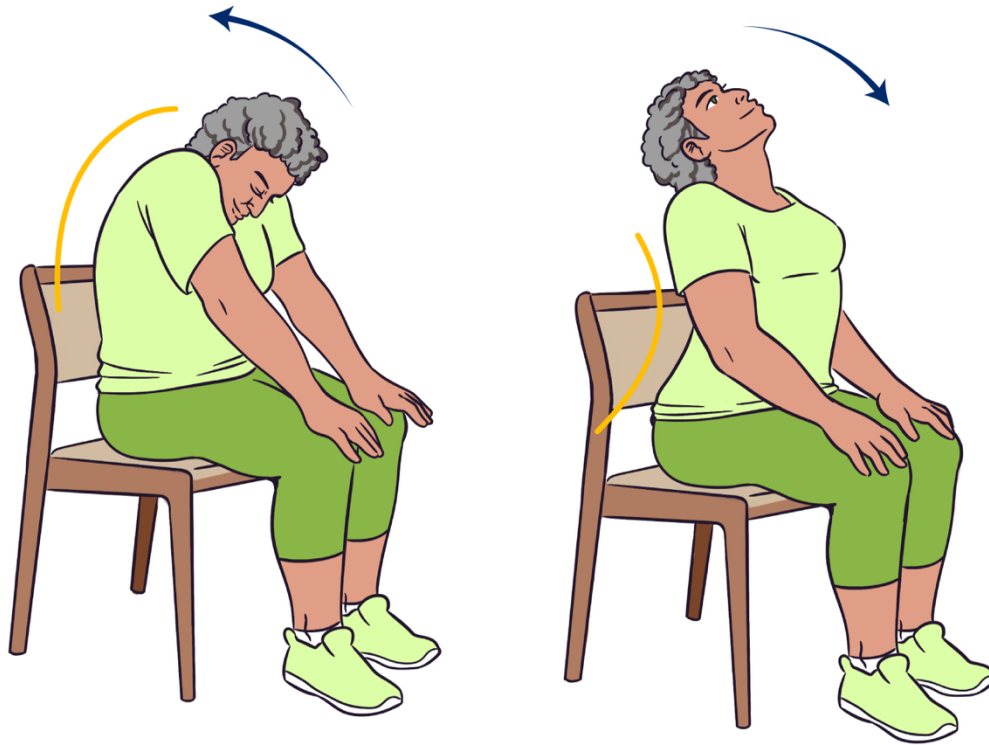
Exhale



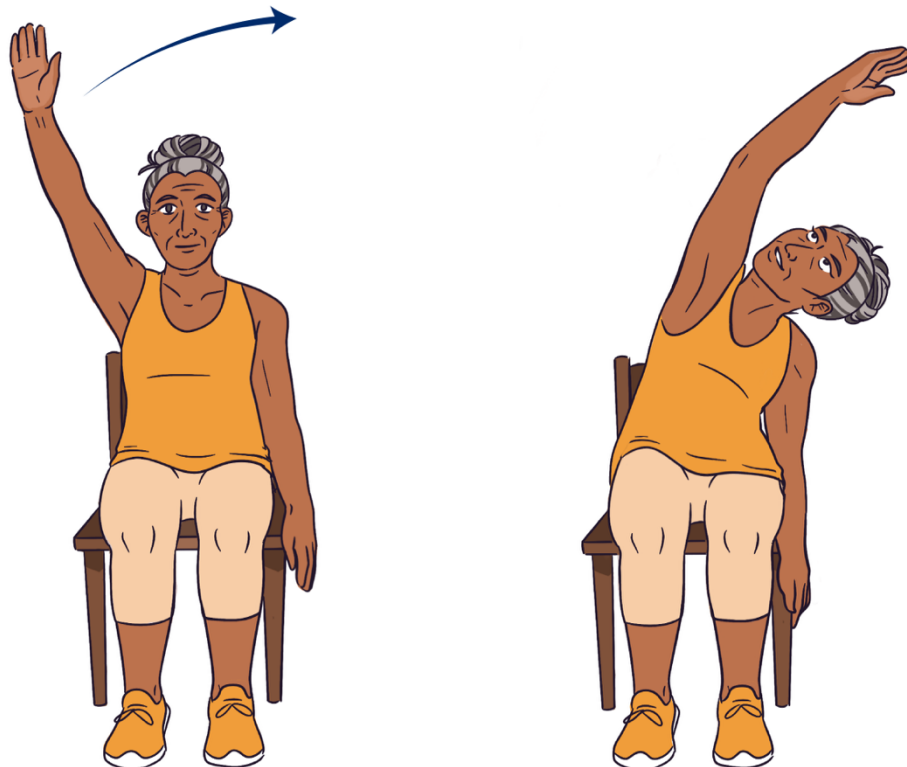
## Yoga: Neck



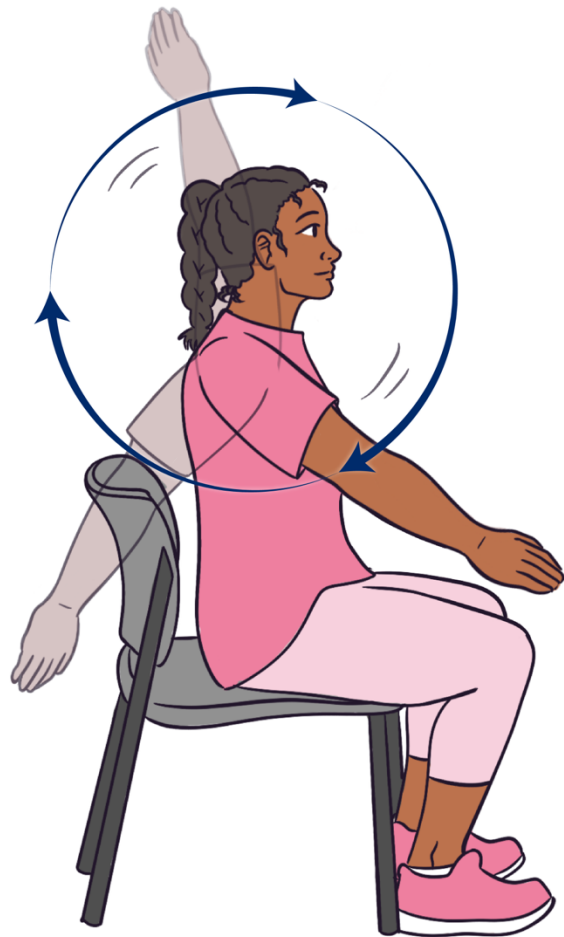
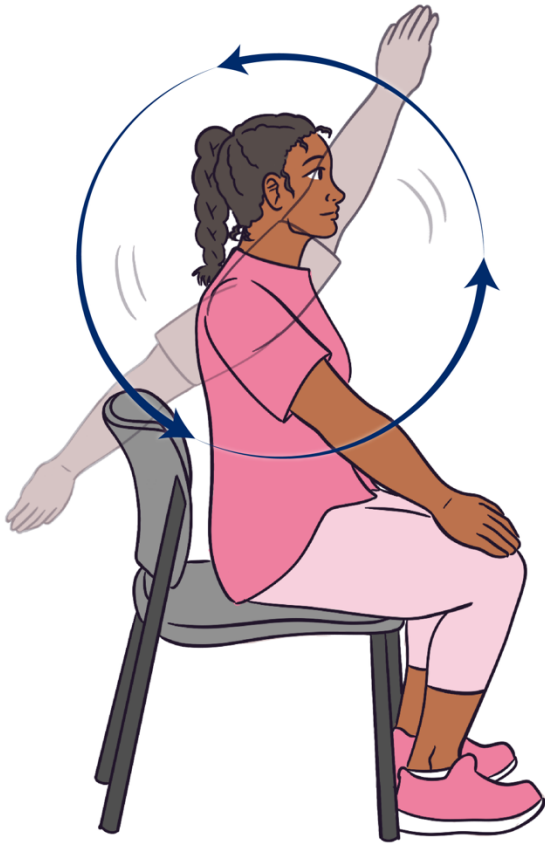
## Yoga: Cat and Cow



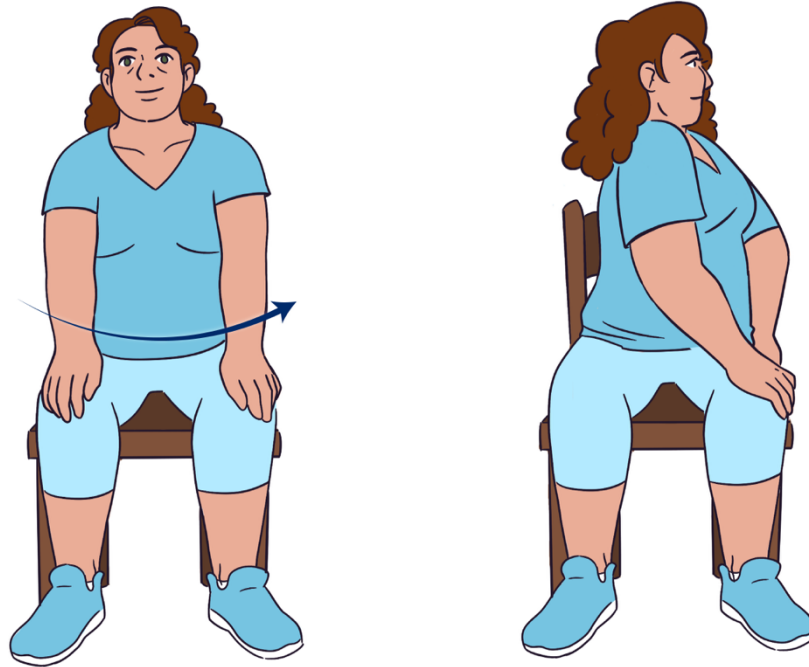
## Yoga: Side



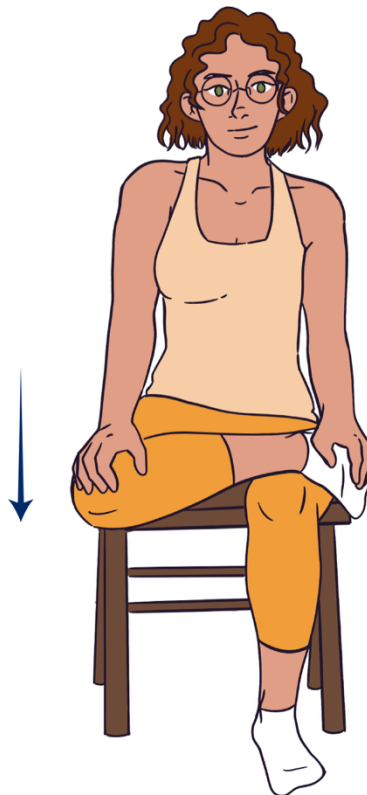
## Yoga: Shoulder Windmill



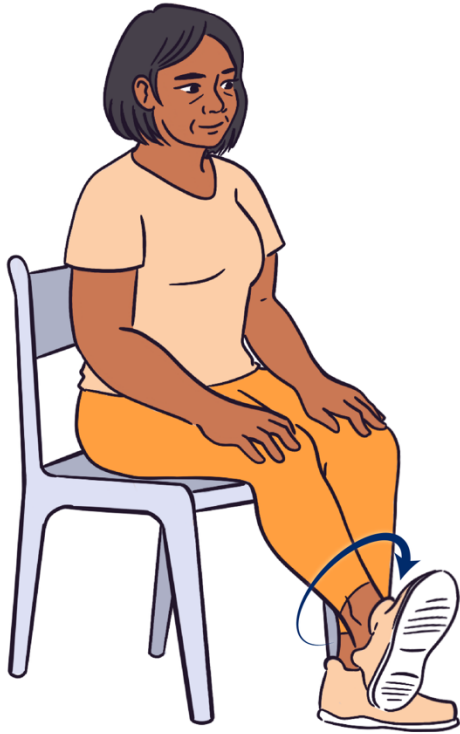
## Yoga: Twist



## Yoga: Hip



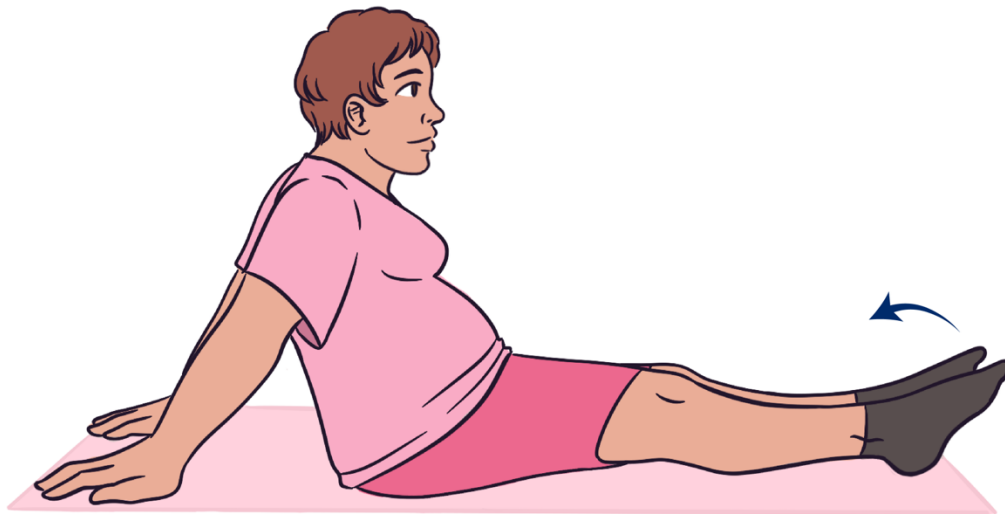
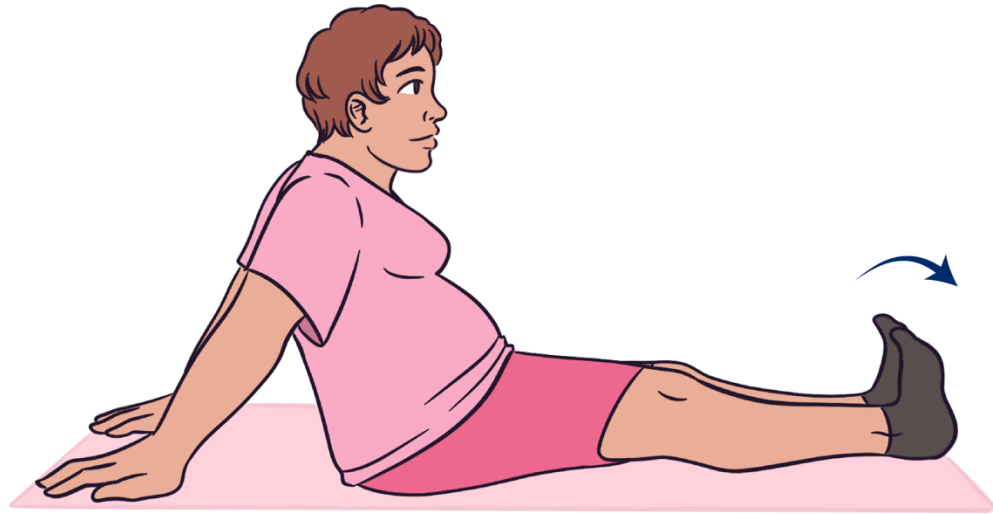
## Yoga: Feet and Ankle



## Yoga: Knee Push Up



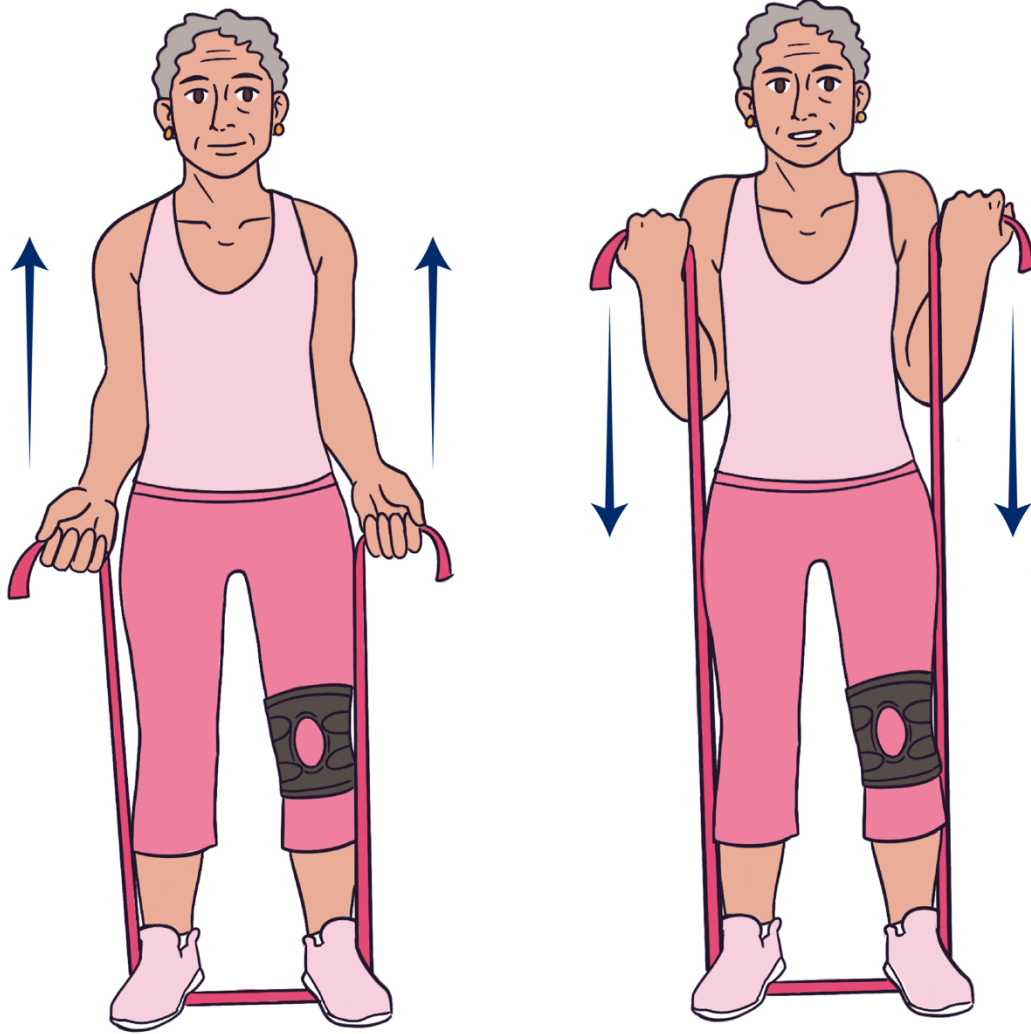
## Yoga: Feet





# Resistance Band Exercises

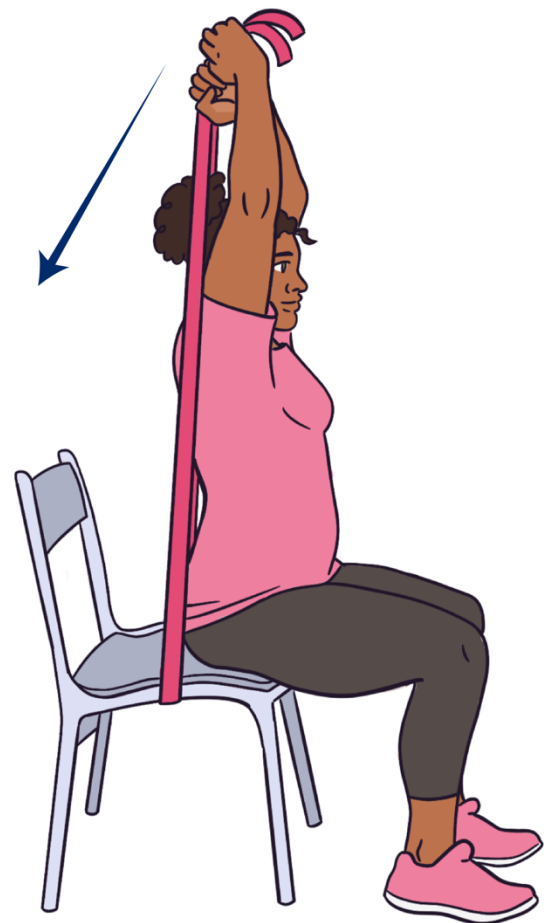
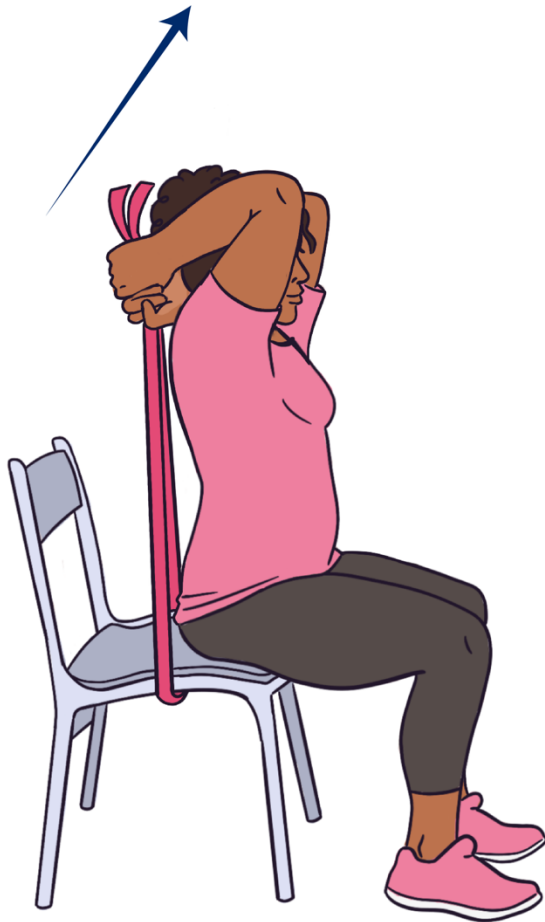
## Resistance Band: Bicep Curl





# Resistance Band Exercises

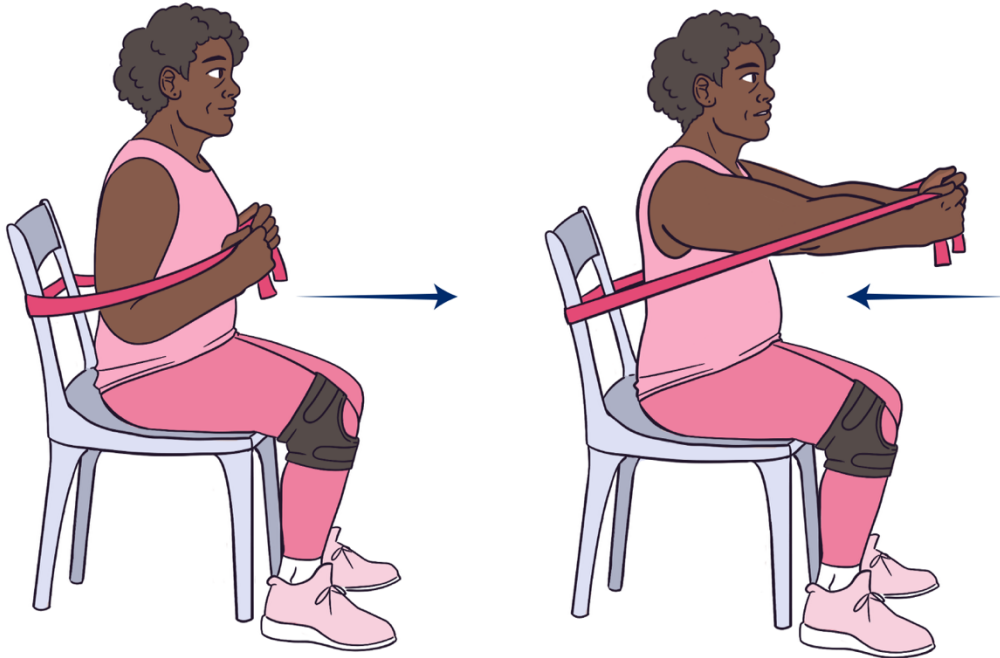
## Resistance Band: Triceps



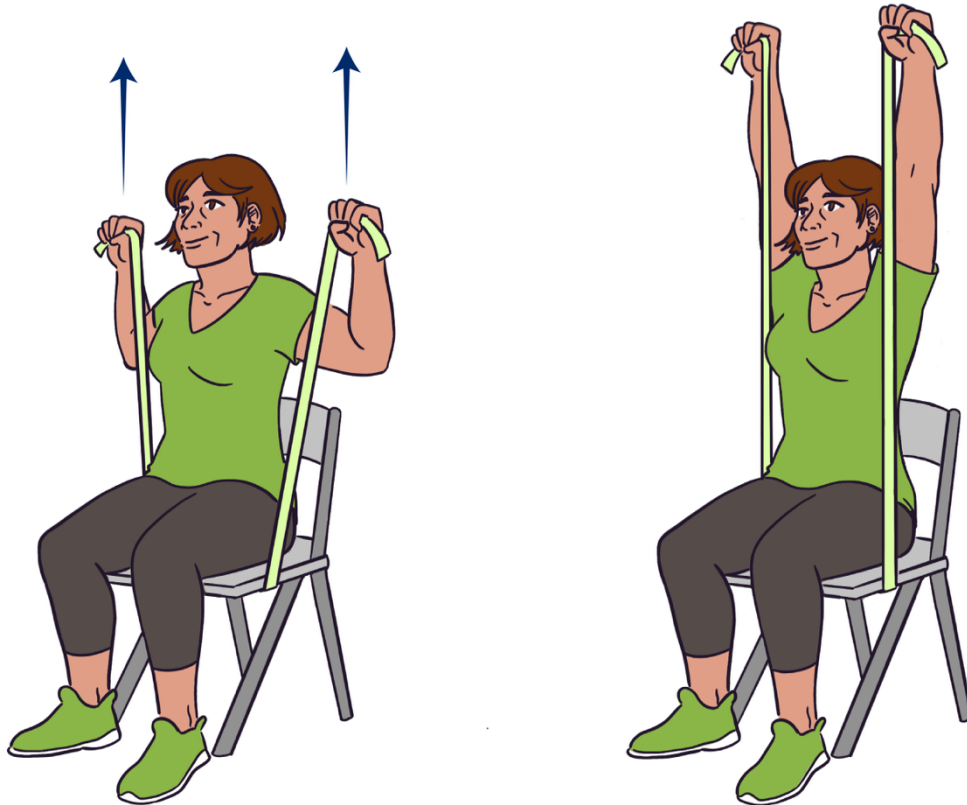


# Resistance Band Exercises

## Resistance Band: Chest Press



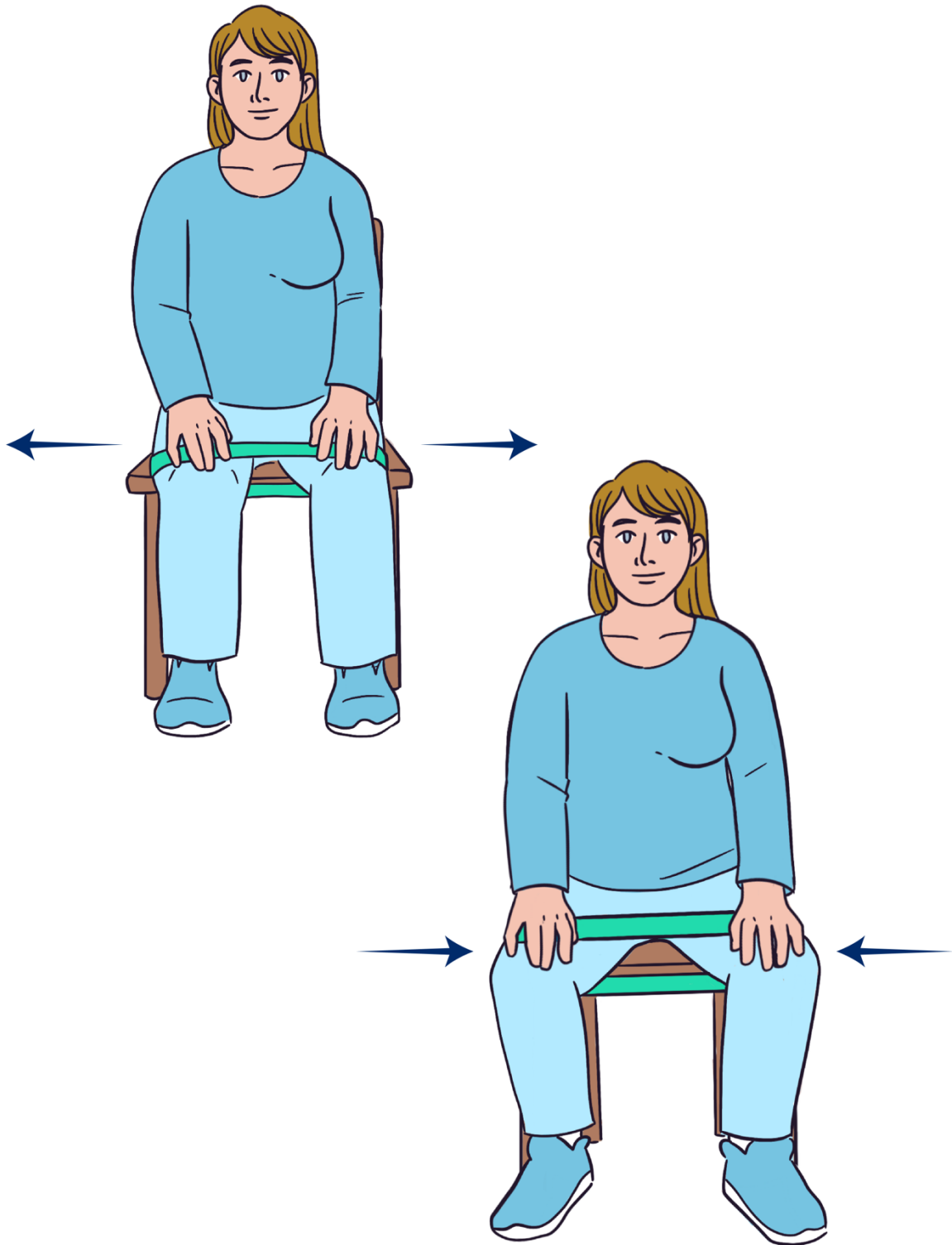
## Resistance Band: Shoulder Press





# Resistance Band Exercises

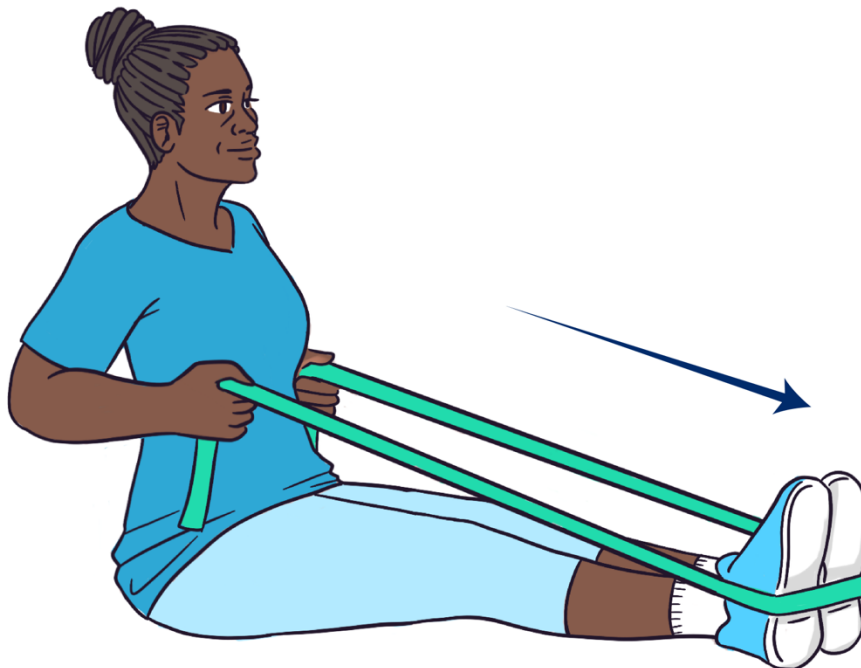
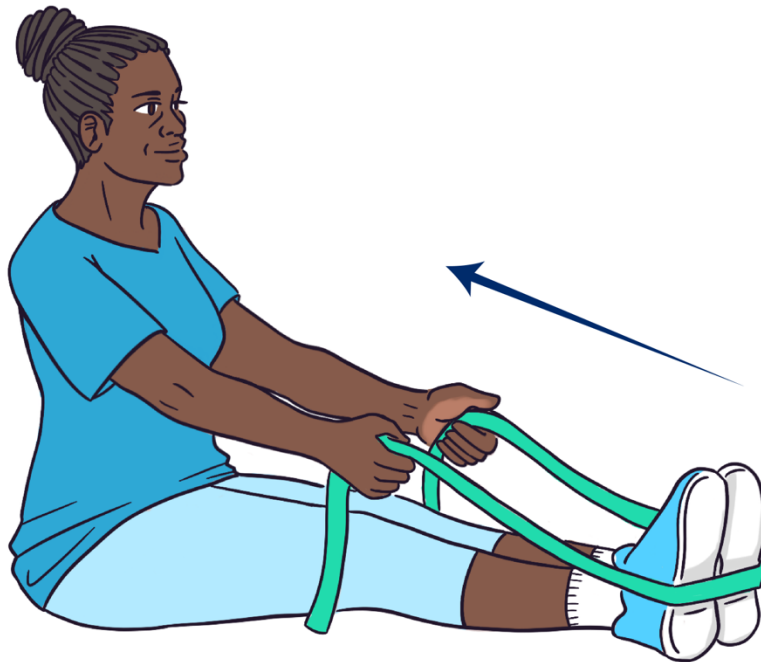
## Resistance Band: Hip Abduction



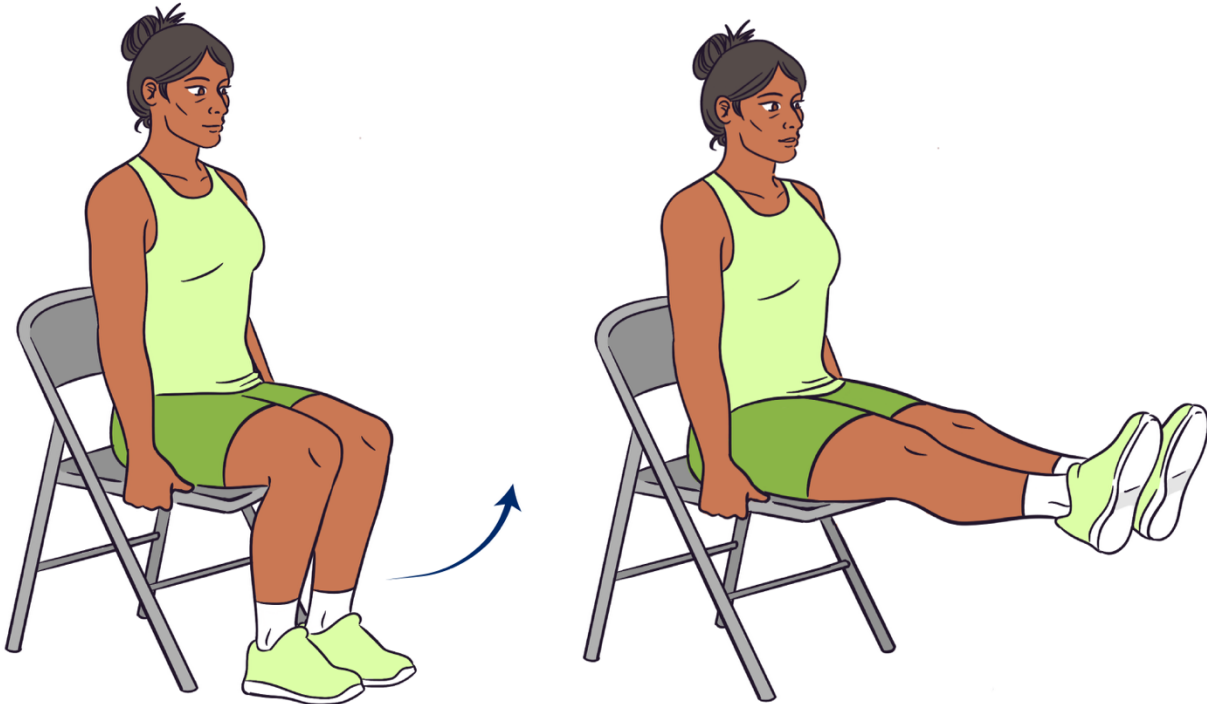


# Resistance Band Exercises

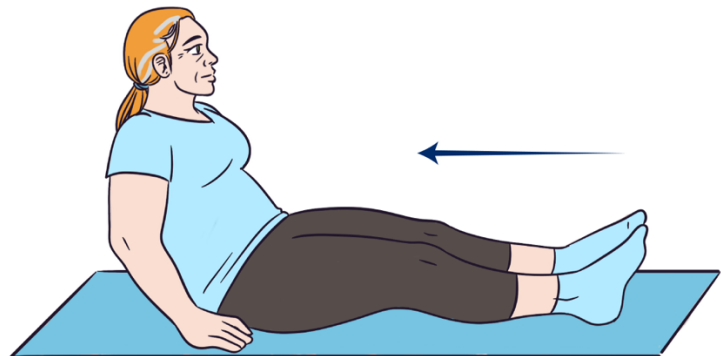
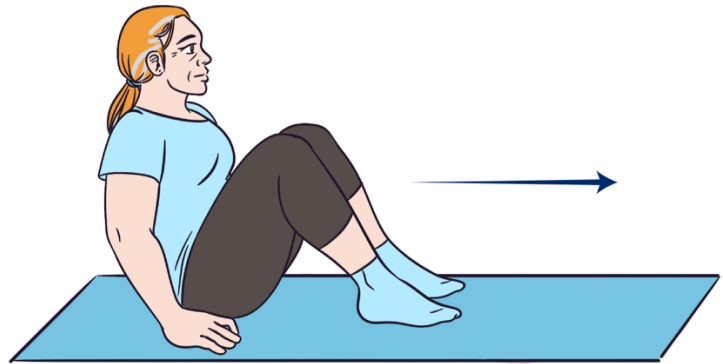
## Resistance Band: Row



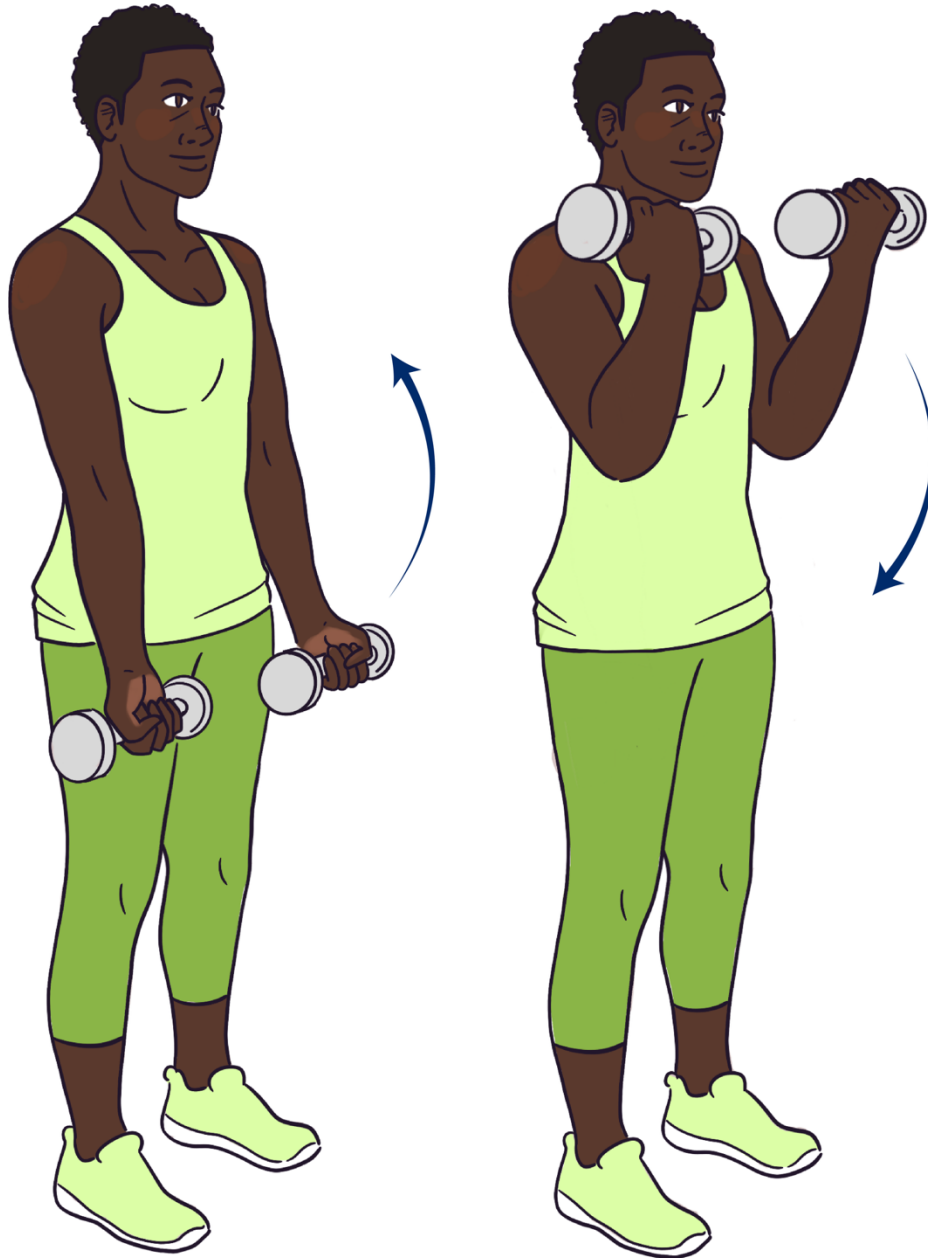
**Seated: Leg Extension**



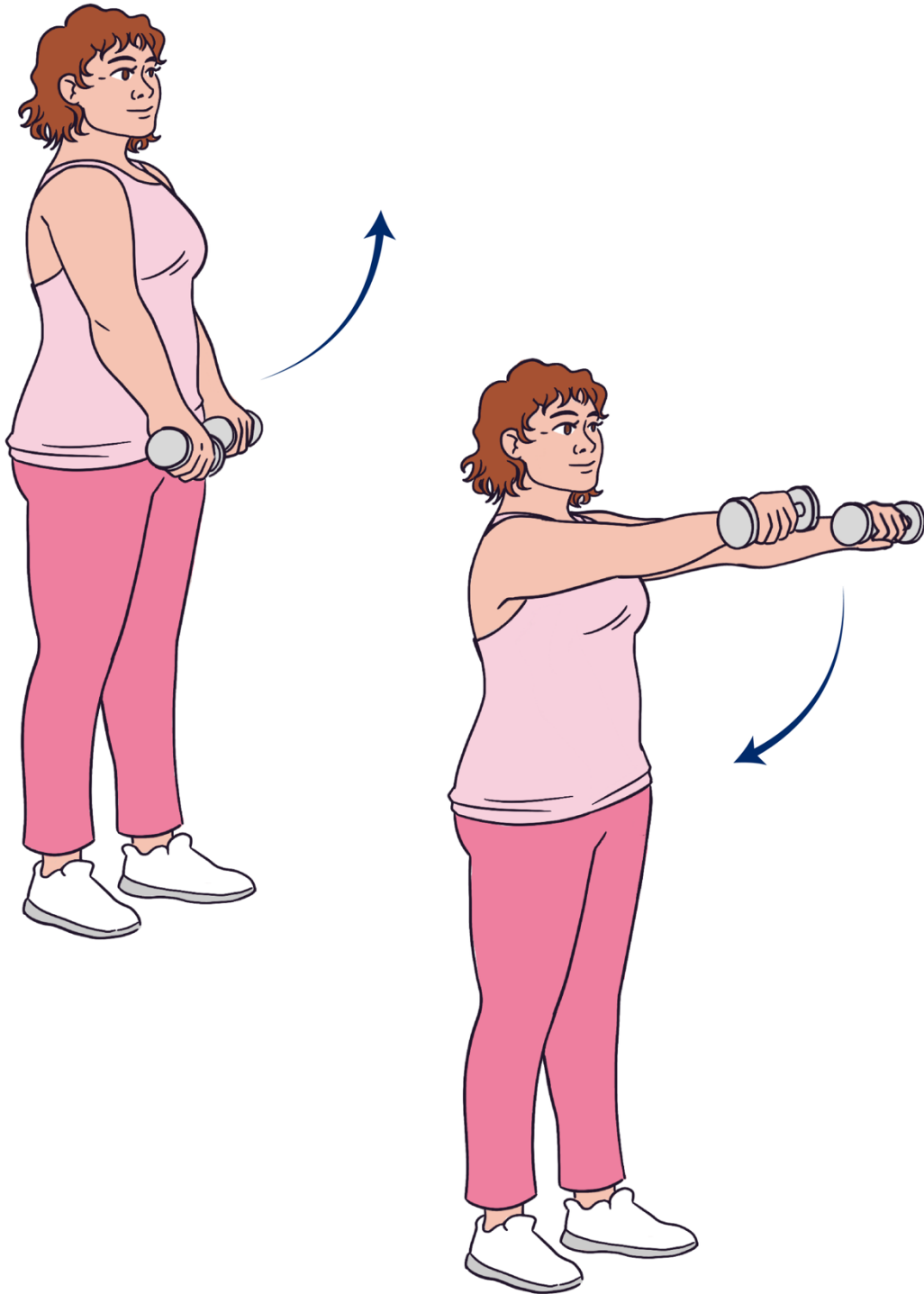
**Floor: Leg Press**



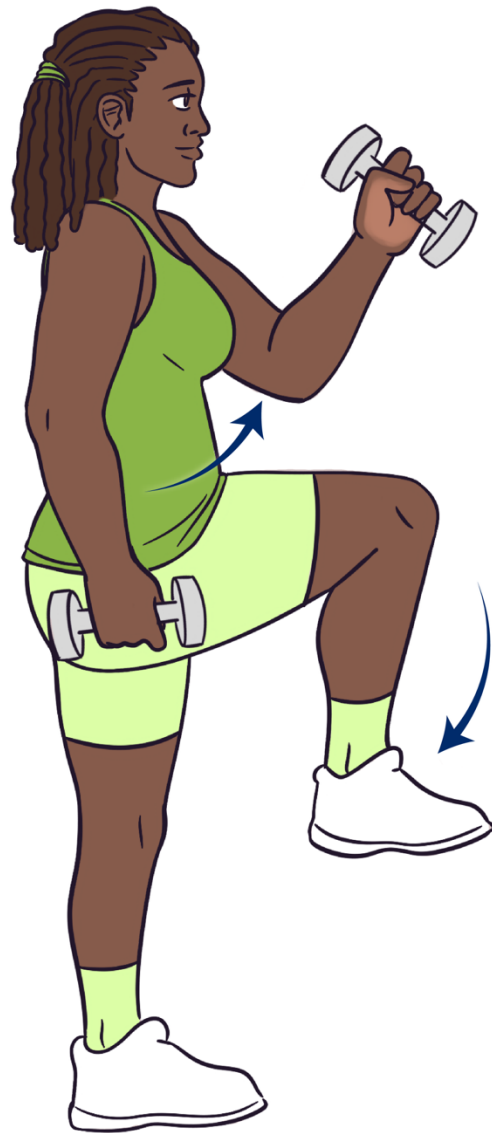
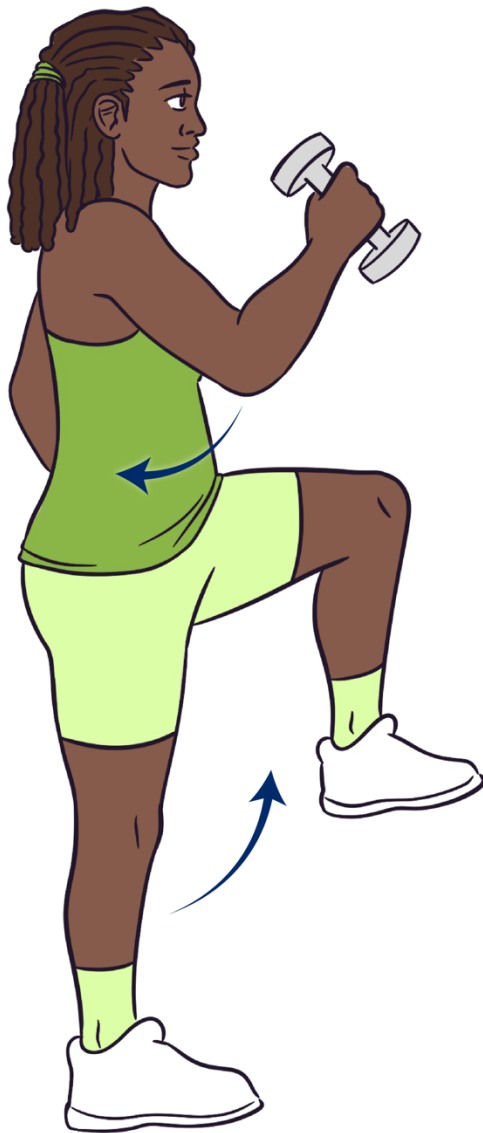
## Weights: Biceps



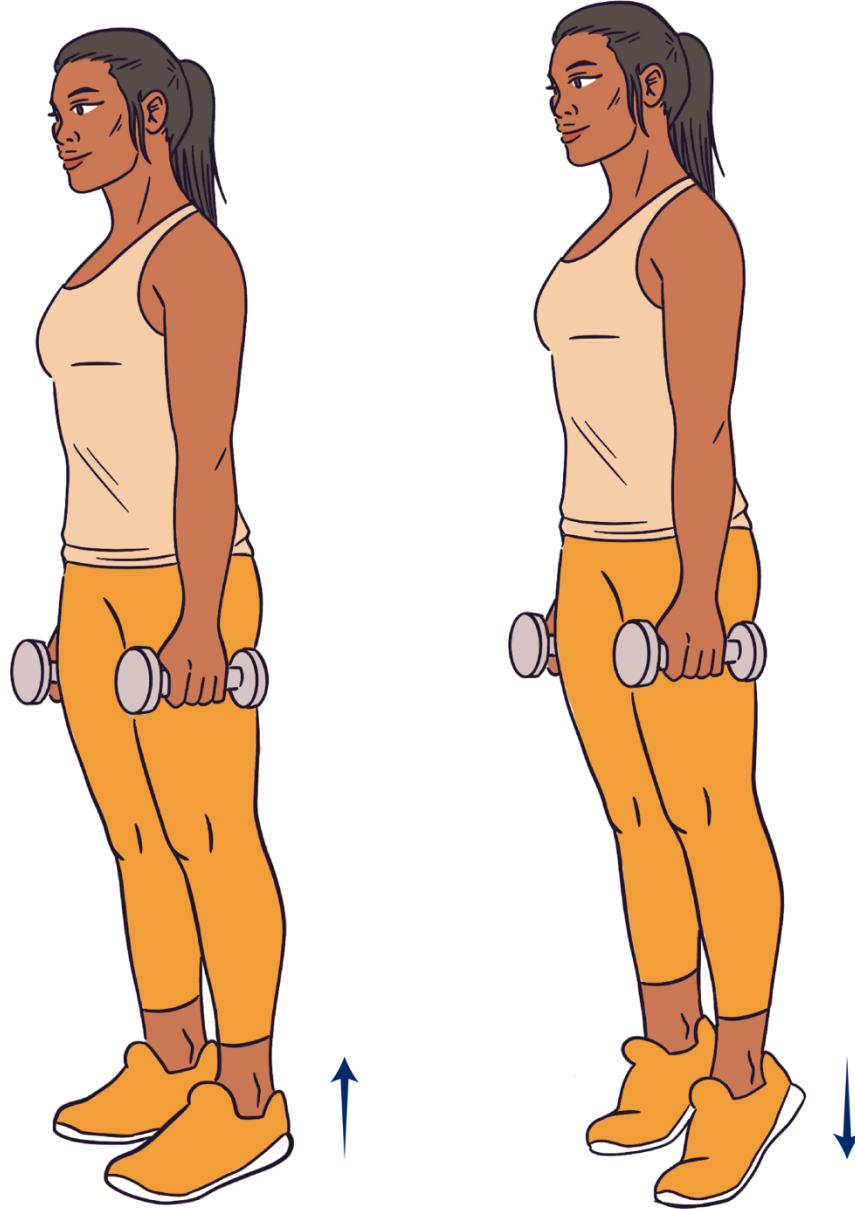
## Weights: Front Raise



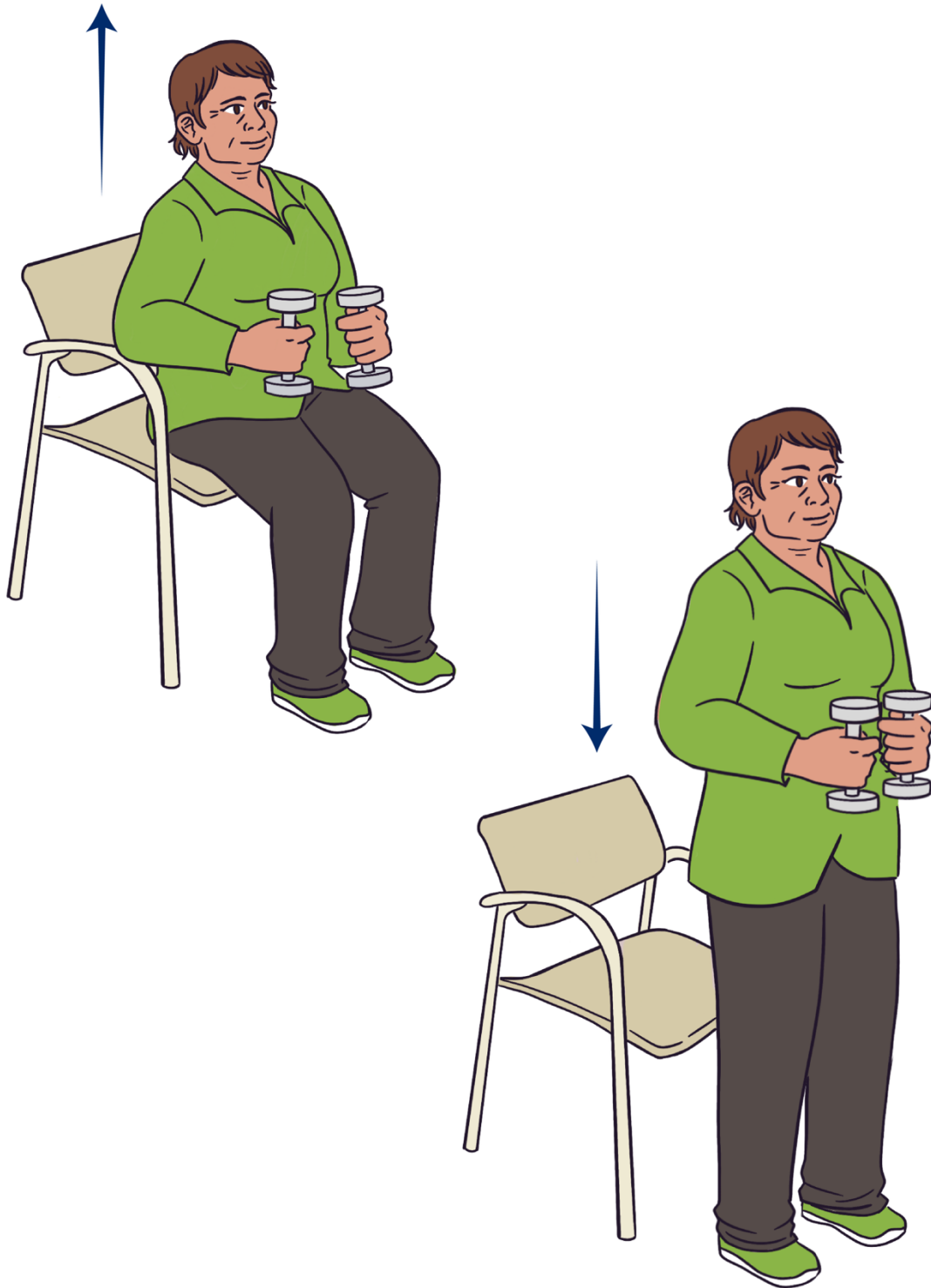
## Weights: Standing March



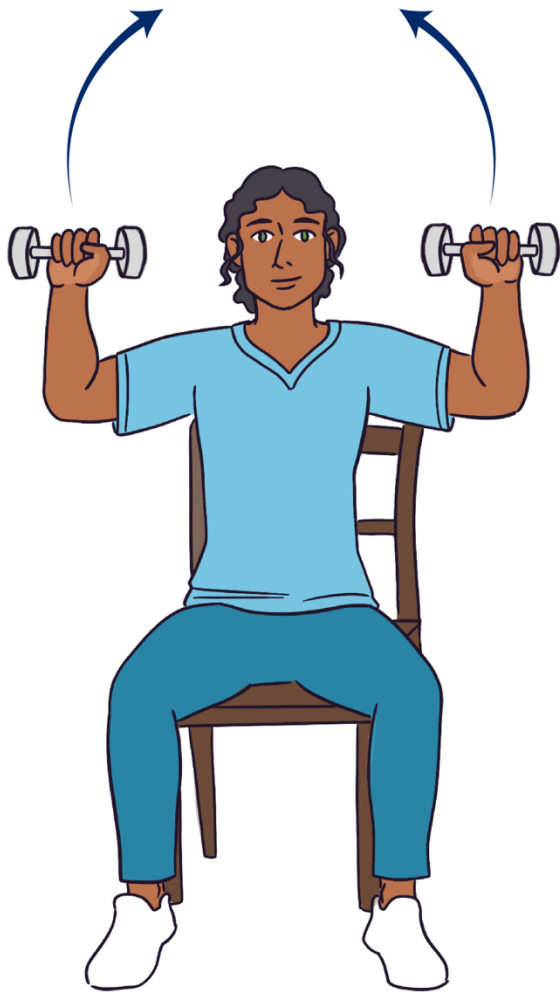
## Weights: Calf Raises



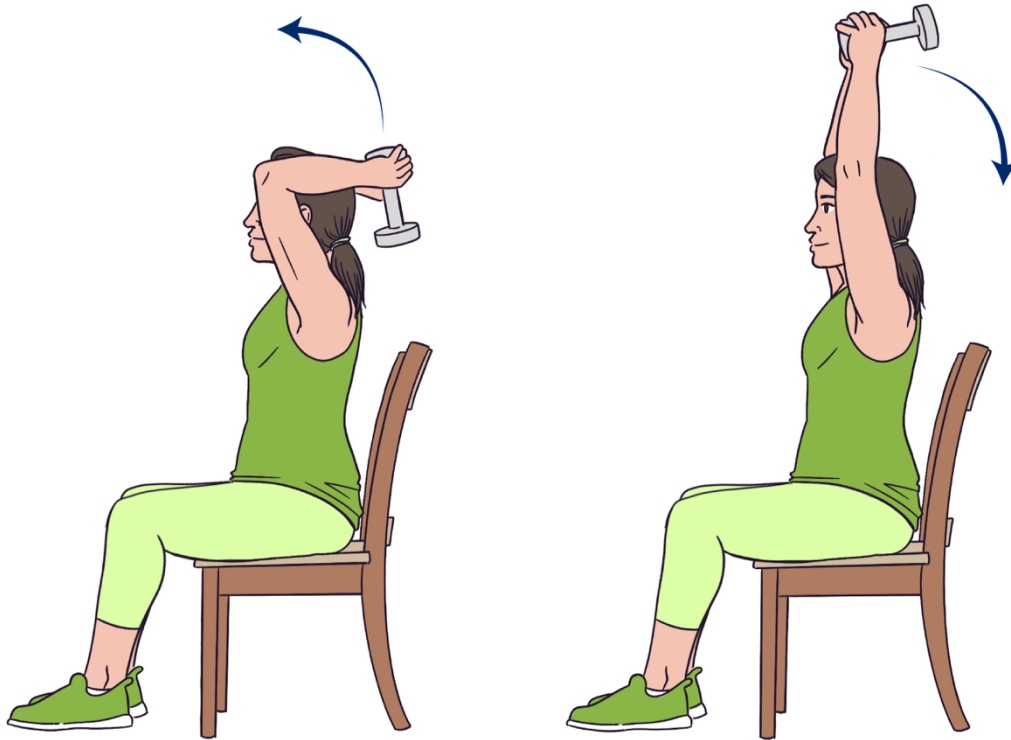
Weights: Sit to Stand



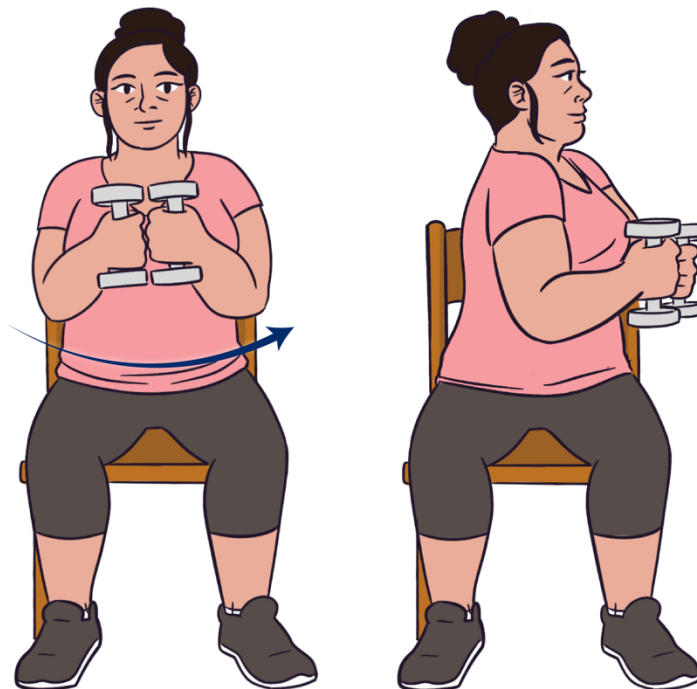
## Weights: Shoulder Press



## Weights: Triceps



## Weights: Ab Twist





# Weight Exercises

## Weights: Seated March

