

Appendix 9. Home Exercise Program

Home Exercise Program

Name: _____ DOB: _____

STATUS AT END OF CARDIAC REHAB:

Weight: _____ Waist measurement _____ 6 minute walk test distance _____

(OPTIONAL) PERSONAL CONDITIONS FOR STARTING EXERCISE:

A few people will need to ensure that their blood pressure, blood sugar, or heart rate is within a certain range before starting exercise. If this applies to you, your Exercise Physiologist can fill out that information here:

Blood Pressure: _____ Heart rate: _____ Blood sugar: _____

EXERCISES AS OF _____ (date)

Note: re-evaluate this plan with a clinician every six months; after any type of exercise stress test; after changes in medications, especially heart medications; after changes or new onset of chest discomfort or other symptoms

Warmup (5 min):

Warm up for five minutes before any exercise to reduce the stress on your heart.

Activity	Reps, distance, or time	Notes
Treadmill, 2.4 elevation	10 min	If you feel dizzy, slow down until dizziness passes

Aerobic Exercise:

- Your goal is to do aerobic exercise _____ days/week.
- Your duration of exercise should be _____ minutes.
- Try to stay between _____ on the Rate of Perceived Exertion Scale with a target heart rate range of _____ bpm.
- Your maximum heart rate is _____ bpm. If you exceed your max heart rate, reduce the intensity of your exercise or stop exercising until your heart rate is within your target range.

Activity	Frequency	Duration	Notes



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Strength Training:

- Always strength train after your aerobic exercise once your muscles have been warmed up.
- Strength training is recommended for you _____ days/week.
- Strength training is important to maintain your current strength and become stronger.

Activity	Frequency	Sets/Repetitions	Notes

Cooldown (5 min):

Cool down by reducing your exercise intensity. Always stretch after each exercise session.

Activity	Reps, distance, or time	Notes

A NOTE ON SAFETY

Returning to exercise may be alarming after a cardiac event, but most cardiac rehabilitation patients can safely exercise at home or at a gym. **The most important way to stay safe is to pay attention to your symptoms and STOP exercising if you experience any of the following symptoms:**

- Severe shortness of breath;
- New pain, pressure or aching in chest, arms, jaw, neck, shoulder, or back;
- Lightheadedness;
- New irregular heart rhythm or heart fluttering;
- Severe and/or new joint or muscle pain.



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If you are concerned about safety, here are some additional tips for staying safe during exercise:

1) Keep emergency contact information with you

- Have your cell phone with you so you can call 911 for any emergencies.
- Confirm location and emergency contact information with my cardiac rehabilitation team at the beginning of each visit.
- Have the phone numbers with you of your care team and emergency contacts:

Role	Name	Phone Number
Cardiac Rehab		
Cardiologist		
Primary Care Provider		
Emergency contact(s)		

- Consider telling someone else where you plan to exercise and when you expect to return home
- If you are exercising at a gym or other facility, consider letting the staff know about your condition and locate the emergency equipment. Make sure the staff has up to date emergency contact information.
- Consider suggesting that your loved ones learn CPR techniques or other emergency training.
- Consider exploring educational resources for reducing your risk of future cardiac events at <https://www.healthuniversity.ca/en/cardiacollege>

2) Prepare your environment for exercise

- Make sure the area you plan to exercise in is clear of trip hazards, including pets
- Wear loose-fitting, comfortable clothing
- Wear comfortable shoes that you won't trip in
- If you like to monitor your exercise with a heart rate monitor or other wearable device than make sure this is charged and available to you.

3) Pay attention to how you exercise

- Make sure to include an appropriate warm up to reduce stress on your heart
- Pay attention to your physical comfort and reduce your intensity as needed
- STOP exercising if you experience any of the following symptoms: severe shortness of breath; new pain, pressure or aching in chest, arms, jaw, neck, shoulder, or back; extreme fatigue; light-headedness; irregular heart rhythm or heart fluttering; severe and/or new joint or muscle pain
- If you feel dizzy or exceed your max heart rate, rest for 5 minutes and, if you feel comfortable, resume exercise at a lower intensity

If you have questions, contact:

Staff member name, phone, and email: _____

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Plan created by (program staff name): _____ Date: _____

