

Date: 7/14/2023
Name: July Sunshine
DOB: 07/04/2022

Exercise Prescription and Guidelines:

Frequency: 5-7 days a week

Intensity: Target Heart Rate: *** bpm
 RPE 11 – 14 (moderate-intensity level of exercise)
 (Rate of Perceived Exertion scale/chart)

How Much: At least 150 minutes of exercise every week
 (For example: Six 15-min sessions or Three 30 min sessions)

Type of Exercise: *** walking, strength training

Directions: Warm-up for 5 minutes before any type of exercise to help minimize the stress on your heart
Cool-down by reducing your exercise intensity and stretching at the end of your exercise session

Review: Your program should be re-evaluated:

- Every 6 months
- After any type of exercise stress test
- Changes in medications, especially heart medications
- Changes or new onset of chest discomfort or other symptoms

UCSF Cardiac Rehabilitation Your OUTCOME REPORT:

Outcome Measure	Pre	Post
Functional Status/Exercise Capacity	Date:	Date:
Mets	3rd visit:	
Six Minute Walk Test Distance (Meters)		
Psychosocial:		
PHQ-9 Score (Mood/Depression)	/27	/27
GAD-7 (Mood/Anxiety/Worry)	/21	/21
Cardiac Self Efficacy (Confidence)		
Nutrition:		
Weight (kg)	kg (lbs)	kg (lbs)
Body Mass index (BMI) kg/m ²	kg/m ²	kg/m ²
Waist to Hip Ratio	w: /h: =	w: / h: =

You can share this report with your health care providers, family, and friends.

Program Staff: _____ **Date:** _____



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Exercise Plan:

Aerobic exercise 5-7 days per week.

Alternate every other day from biking to walking.

Biking for 20-30 minutes on one day and walking for 30-45 minutes on the next day.

-Warm-up by going at an easy intensity for the initial 5 minutes.

-Afterwards, increase to an intensity that feels medium to moderately hard.

-Finish with cool-down stretches for the chest, shoulders, calves, quads, and hamstrings.

Strength training: 3 days per week on non-consecutive days.

- Dynamic warm-up that includes arm crosses, arm circles (small, large, forwards, and backwards), punch with rotation, step and stretch, elbow to knee, heel kicks, fast punches, and marching in place.

-Super set countertop push-ups for 3 sets of 15 reps with bicep Curl – 3 set of 15 reps using 6 lbs

-Super set hammer Curl – 2 set of 15 reps using 6 lb with standing hip abduction for 2 sets of 10 reps

-Super set shoulder lateral raises (5 lbs) for 3 sets of 15 reps with heel/toe raises for 3 sets of 15 reps

-Super set sit to stand with reverse fly's (blue theraband) for 3 sets of 15 reps

-Angled plank on chair for 3 sets for 25 seconds each

-Dead bugs and bird dogs for 3 sets of 10 reps

-Bridges for 3 sets of 20 second holds

-Cool-down stretches for the chest, shoulders, calves, quads, and hamstrings.