

Being Active When You Have CORONARY ARTERY DISEASE (CAD)

Prescription for Improving Healthy Body Status

Exercising with Coronary Artery Disease (CAD) is as easy as 1, 2, 3

Being active is an important way to help your heart remain strong. In fact, regular exercise, when combined with diet, can lower your risk of having a heart attack. Regular exercise will help you have more energy, make you feel better and allow you to do every day tasks easier.

Getting Started

Keep it Simple: Sit less and move more. Never sit for more than 2 hours at a time. You don't have to do big things. ANY exercise is good. Walk to get your mail. Dance in the kitchen. Take the stairs instead of the elevator. One of the most important things you can do is make a plan to exercise and stick with it. Schedule exercise just like you do with everything else in your day. When you make time for yourself you invest in your future.



1 Get Moving

What

Any continuous activity (biking, walking, dancing)

When

5 days/week

How Hard

Start very light and continue to work up as chest pain and fatigue allow. The overall goal should be for you to talk while exercising, but not sing.

On a scale of 1-10 you should aim to move between a 3-5.

1=short walk to get the mail
3-5= walking around the block, dancing in the kitchen.
10=hard running.

How Long

When you first start out, only exercise for a few minutes at a time. Aim for 3 minutes of exercise at a time. As you exercise more increase your time by 3 minutes.

Example:

Week 1: Walk around your block at a level 2.
Week 2: Walk around your block at level 3 and then add another 3 minutes of walking.
Week 3: Walk around your block at level 4 and add another 6 minutes of walking.

Keep this going for the next 2-3 months. Eventually you want to work up 30 minutes of exercise at a time.

PERCEIVED EXERTION CHART

10	Very, Very Hard Activity Completely out of breath, unable to talk
9	Very Hard activity Can speak only one word at a time
7-8	Hard Activity Out of breath, can speak a sentence or two
4-6	Moderate Activity Can talk but not sing
2-3	Light Activity Breathing is easy, can talk and sing
1	No Activity

CAUTIONS: Listen to your body. Don't try to do too much too soon. If you feel chest tightness, fatigue or dizziness, stop and rest. Always have your Nitro with you. When you have CAD, it is important that you always monitor any chest pain during exercise. You can discuss the following scale with your doctor and see where they feel comfortable having you exercise based on the severity of your CAD.

Five-grade Angina Scale





2 Get Strong

What

Start by using your own body weight.

Do each of the following:

Sit & Stands: Sit in a steady chair – using a kitchen chair is ideal, and then stand up.

Calf Raises: Stand with your feet flat on the floor and shoulder-width apart. Raise yourself onto your toes and then lower your heels back to the floor. If you need to, stand near a countertop and hold onto it for extra balance.

Knee Lifts: In a standing position raise one knee. Lower your foot flat to the floor and raise the other knee.

Do each of these exercises 10 times. Rest 1 minute in between exercises if you need.

Example: 10 sit and stands, rest 1 minute, 10 calf raises, rest 1 minute, 10 knee lifts, rest 1 minute.

As you get stronger, and your chest pain gets less you can add hand weights and resistance bands.

When : How Hard

2-3 days/week.
Rest at least one day in between.

Start slowly. On a scale of 1-10 you should be working at 4-8.

- 1=sitting on the couch
- 4=just able to feel your muscles being used
- 8=sweating during the exercise
- 10=can't do the exercise.

How Long

10 repetitions to start. Build up as you can.

Special Considerations: *If you have chest pain at any point stop and rest. Take your Nitro pills when you need them. Remember getting strong takes time. Be patient with yourself.*



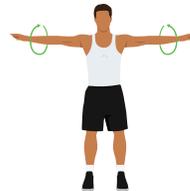
3 Get Stretching

What

Stretching is a great way to make your heart stronger. You should stretch before and after every exercise session.

Do each of the following:

Arm Circles:



Toe Touches:



Waist Twists:



When

You should stretch before and after every exercise session.

How Hard

Stretch as far as you can until you feel muscle tightness. Don't overstretch, this could hurt your muscles. If you can't quite touch your toes, aim for your calf or your knees.

How Long

Do 5-10 of each stretch before and after every exercise session. Stretch before you walk and after your walk is done. Stretch before you do your knee lifts, sit to stands and calf raises, and stretch when you are done.

Performing these exercises, including the suggested frequency, intensity and duration will help you meet the American College of Sports Medicine Guidelines for exercise participation and improve your health and fitness.

Local Resources

Free: Footprints for Fitness (Saginaw Center Courts), Walk with a Doc (YMCA)

Paid: Scan QR code for additional resources

