

Exercising is Important!

Why should I exercise?

- Being more active is one of the best things you can do for your heart failure.
- Being fit makes less work for your heart.
- Moving more can help you have more energy and feel more upbeat.

Ways you can exercise:

- Walk—it is easy, fun and free.
- Mow the lawn, work in the garden.
- Use a stationary bike.
- Go to an exercise class.
- Sweep, vacuum or dust.
- Exercise with a friend or a partner.



Be safe

- Start slowly, with 10 minutes a day. Your body needs time to build endurance!
- Know that routine exercise WILL get easier.
- Talk to your doctor to make a plan that is right for you.

Cardiac Rehab

- Ask your doctor about cardiac rehab. Cardiac rehab can help you exercise safely and lower your risk of future heart problems.

Important!

If you have any of these symptoms that do not go away with rest, call 911.

- chest pain
- severe shortness of breath
- dizziness

Talk with your doctor about any changes in how you feel when you exercise.