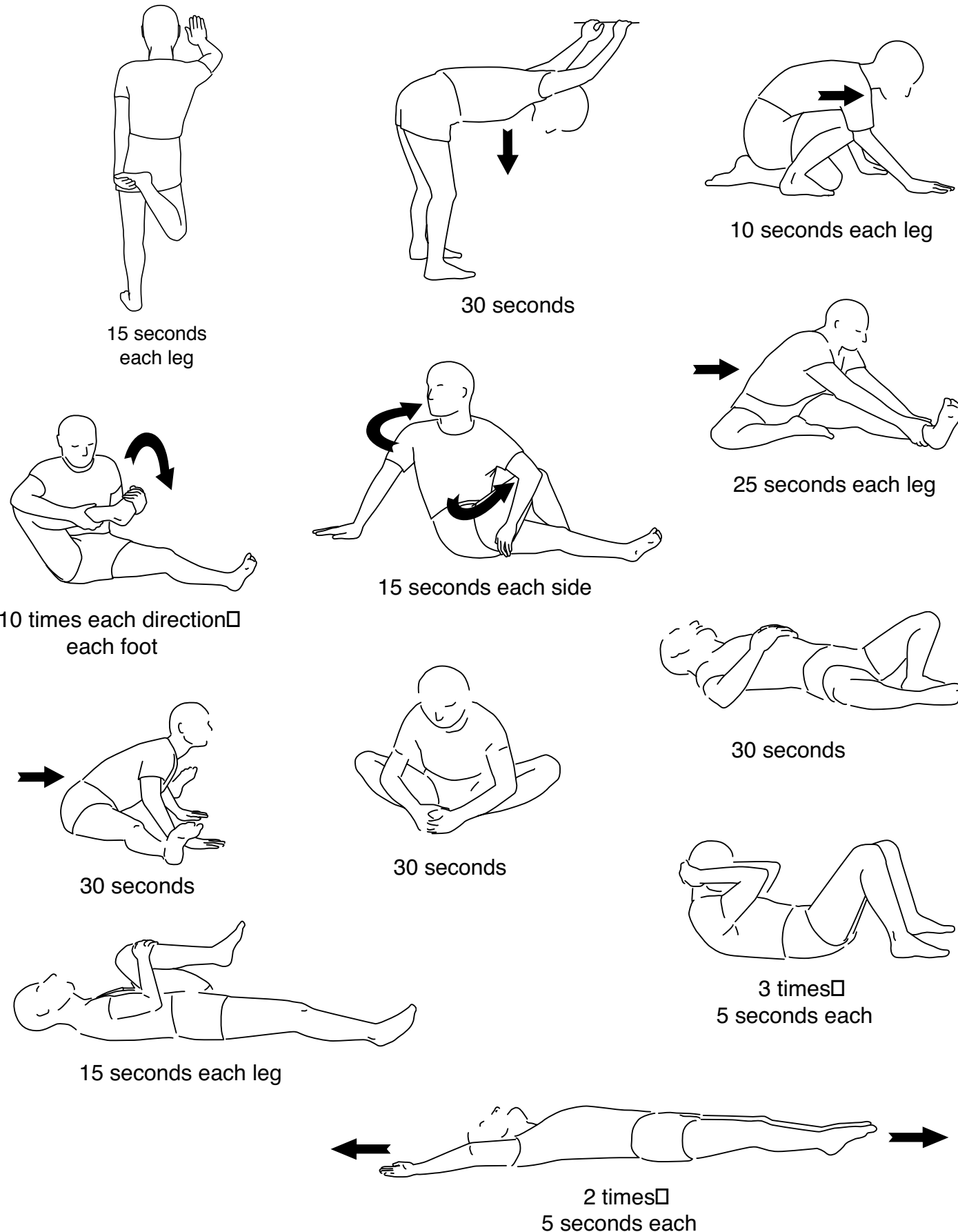


Your guide for home exercise



Home exercise training program

Exercise can be a safe and effective part of your rehabilitation process. It improves your physical and mental well-being. For this reason, your program will include regular physical activity starting soon after you leave the hospital. You may be asked to take a treadmill test before beginning. This will help determine the pace of your program.

As part of this program, you'll receive:

- *guidelines* for exercise training
- *instructions* for monitoring your heart rate
- *periodic telephone calls* from a care manager to provide additional information and to discuss problems, if any arise
- *daily Exercise Logs*

Benefits of exercise

This exercise program helps you benefit both physically and mentally from *low levels* of exercise. You will exercise safely on your own, without medical supervision. As you continue to be physically active, your heart and blood vessels will become more efficient. You will be able to do more exercise and feel less tired. For exercise to be helpful, it is important that you exercise regularly at least *five times per week*. Regular exercise is an investment in your health.

Some exercise tips

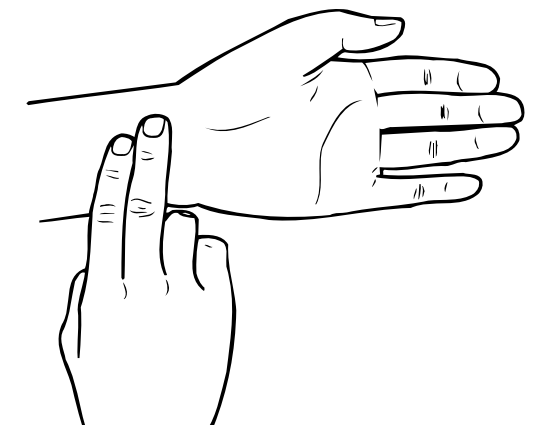
- Exercise at the same time of day so it becomes a regular part of your schedule. Choose a time that is convenient and stay with it.
- Exercise at least 30 minutes on most days each week.
- Spend the first 5 minutes of your 30-minute session warming up at a slow and easy pace.

- Spend the next 20 minutes engaging in vigorous exercise within your target heart rate range.
- Spend the last 5 minutes of your 30-minute session cooling down to slow your heart rate gradually.

The type of exercise that you do is up to you. Walking, jogging, bicycling, or swimming are all great ways to become physically fit.

Monitoring your heart

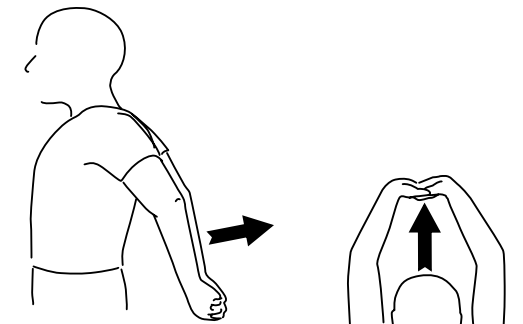
One way to know how your heart is responding to an activity is to take your pulse. One pulse or beat represents one heartbeat. As the heart forces blood through your body, you can feel a throbbing in the arteries wherever they come close to the skin's surface. The pulse can easily be taken at the wrist.



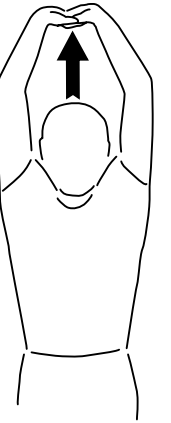
Taking a pulse

- Place two fingers gently against the wrist as shown. (Don't use your thumb.)
- Count the beats for 10 seconds, then multiply that number by six. (This tells you your beats per minute.)

Warm-up stretches



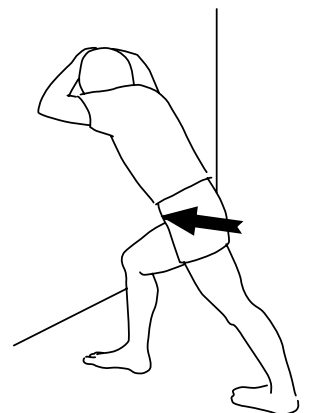
15 seconds



15 seconds



10 seconds each arm



20 seconds each leg

It is also important to pay attention to your own pulse rhythm (regularity). Most people have a regular pulse. If the rhythm of your regular pulse changes a lot or if you notice that your heart is often skipping beats, call your *MULTIFIT* care manager or doctor.

When to take your pulse

- Stop or slow down to check your pulse rate every 5 to 10 minutes during your exercise.
- If your heart rate is *below* the target range, you need to walk, bike, swim, or jog faster to increase your heart rate to the target range.
- If you are *above* the target range, *slow down*. This will cause your heart rate to fall within the target range.
- Staying within your target heart rate range is extremely important for keeping you safe during your exercise program while also allowing you to get stronger.

Heart rate monitor

To help you know how hard you need to exercise, we may loan you a heart rate monitor for the next two months.

Keep your heart rate within the target range for 20 minutes or longer. You will do warm-up exercises before and cool-down exercises afterwards. For more information, read the heart rate monitor instructions.

Rate of perceived exertion

Another way to tell how hard your heart is working while you exercise is to use the "Rating of Perceived Exertion" (RPE) Scale. This scale rates how intense your physical effort is from *very light* to *very hard*. While doing exercise, try to decide where you fall on the scale. This can help you find the best/safest/optimal intensity of your exercise sessions. This scale is especially useful if you take medications that lower your heart rate, such as beta blockers.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

If you have an emergency medical condition, call 911 or go to the nearest hospital. An emergency medical condition is any of the following: (1) a medical condition that manifests itself by acute symptoms of sufficient severity (including

Rate of Perceived Exertion (RPE) Scale	
6	
7	Very, very light
8	
9	Very light
10	
11	Fairly light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Very, very hard

Daily exercise log

Your daily exercise log allows you to record and monitor your exercise and any symptoms that you may experience while exercising. At the end of each two week period, mail your exercise log to your *Multifit* care manager. He or she will review these logs to track your progress and address any problems reported in the "Comments and Symptoms" section. During telephone calls to you, your care manager will talk with you about any changes in your exercise. If you have questions at any other time, do not hesitate to call.

Signs and symptoms to report

It is important to be aware of the following signs and symptoms while exercising:

- Angina (pain, discomfort, or pressure in the center of your chest or moving down the left arm, throat, or shoulder). Angina usually begins during exercise and goes away with rest or after taking nitroglycerin.
- Unusual or extreme shortness of breath or tiredness.
- Feeling dizzy, light-headed, or faint during exercise or activity.

What to do if you experience these symptoms

- Slow down and stop your activity. If you have angina, place a nitroglycerin tablet under your tongue. After 5 minutes, if the pain is not relieved, take another tablet and call 911 or go to the nearest emergency room. If you still feel pain after 5 more minutes take a third tablet. Keep taking tablets every five minutes as long as you feel pain until you receive help from a medical professional.
- If chest pains become more severe than usual and you also have sweating, nausea, vomiting, shortness of breath, fainting or a very slow or fast heart rate, call 911 or go to the emergency room immediately.

What to avoid

- Avoid exercise for at least two hours after eating.
- Avoid exercising outside during very hot, humid, smoggy, or cold weather. Consider walking somewhere inside, such as a gym or shopping mall.
- Avoid increasing your activity if you are already having symptoms of angina.

Your exercise guidelines: Target heart rate range

_____ to _____ beats per minute equals

_____ to _____ beats per 10 seconds.

Rating of Perceived Exertion: _____ to _____

Check pulse every 5–10 minutes of exercise.

Don't forget to send in your exercise log.

Dates to mail in your Exercise Log:

#1 _____ / _____ / _____

#2 _____ / _____ / _____

#3 _____ / _____ / _____

#4 _____ / _____ / _____

severe pain) such that you could reasonably expect the absence of immediate medical attention to result in serious jeopardy to your health or body functions or organs; (2) active labor when there isn't enough time for safe transfer to a Plan hospital (or designated hospital) before delivery, or if transfer poses a threat to your (or your unborn child's) health and safety, or (3) a mental disorder that manifests itself by acute symptoms of sufficient severity such that either you are an immediate danger to yourself or others, or you are not immediately able to provide for, or use, food, shelter, or clothing, due to the mental disorder.