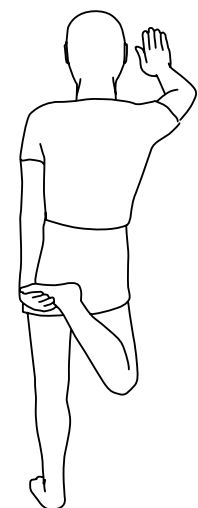


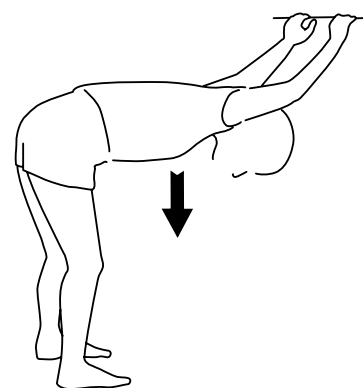


MULTIFIT

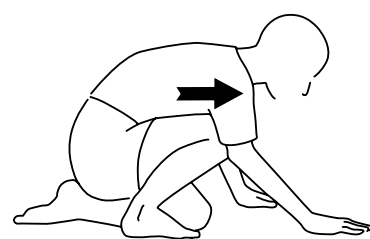
Your guide for home exercise



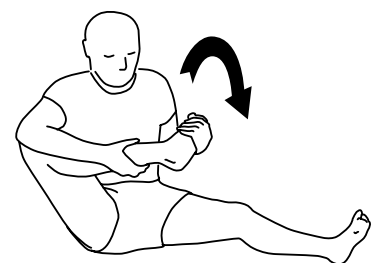
15 seconds each leg



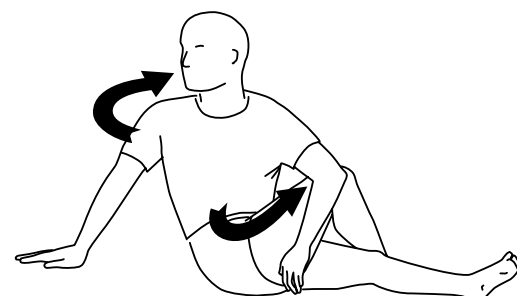
30 seconds



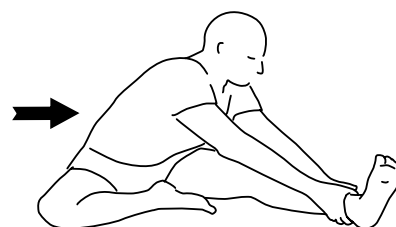
10 seconds each leg



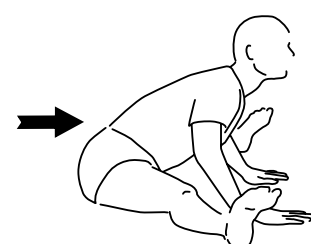
10 times each direction each foot



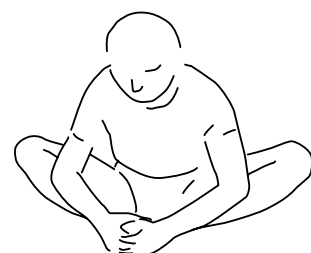
15 seconds each side



25 seconds each leg



30 seconds



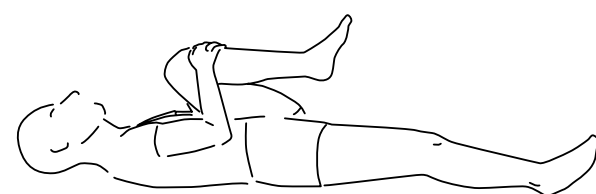
30 seconds



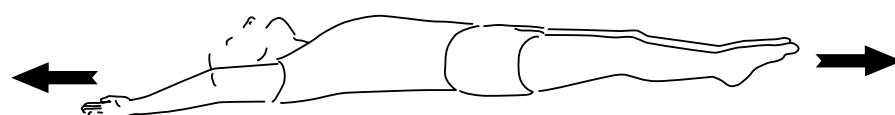
30 seconds



3 times 5 seconds each



15 seconds each leg



2 times 5 seconds each

Home exercise training program

Exercising soon after you've been hospitalized is both safe and effective. It improves your physical and mental well-being. For this reason, your program will include regular physical activity. You may be asked to take a treadmill test before beginning, however. 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 nurse to provide additional information and to discuss problems that may arise
- *daily Exercise Logs*

Benefits of exercise

This exercise program helps you achieve physical and mental benefits with *low levels* of exercise. You 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 beneficial, it is important that you exercise on a regular basis, at least *five times per week*. Regular exercise is an investment in your health.

Some exercise tips

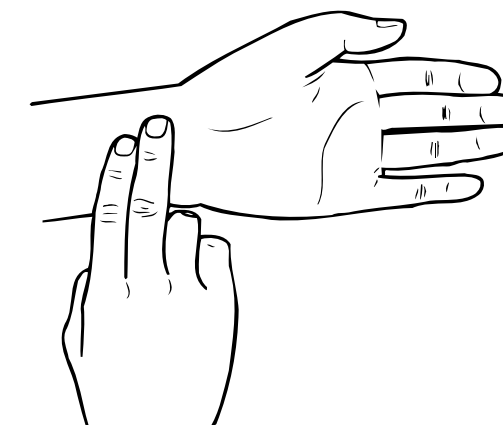
- Exercise at the same time of day so it becomes a regular part of your schedule. Choose a time that is convenient and stay with it.
- Exercise at least 30 minutes on most days each week.

- 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 monitor your heart's response to an activity is to take your pulse. One pulse 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.

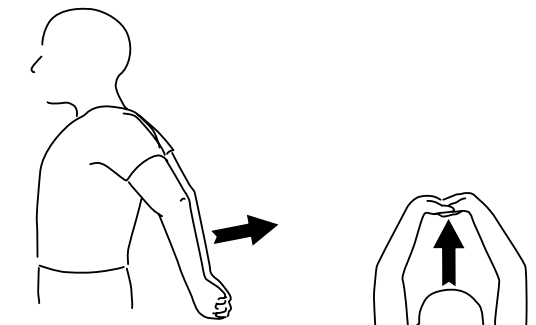


Taking a pulse

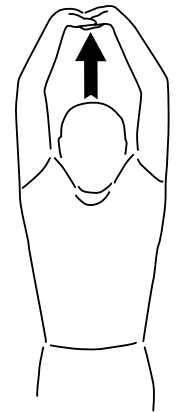
- Place two fingers gently against the wrist as shown. (Don't use your thumb.)
- Count the beats for 10 seconds, then multiply by six (for beats per minute).



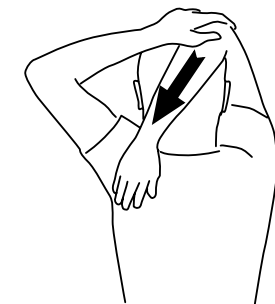
Warm-up stretches



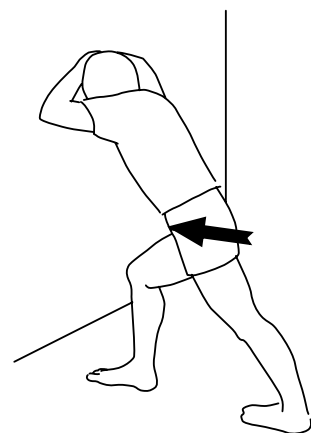
15 seconds



15 seconds



10 seconds each arm



20 seconds each leg

It is also important to pay attention to your pulse rhythm (regularity). Most people have a regular pulse. If the rhythm of your pulse becomes irregular or if you notice a marked increase in skipped beats, notify your *MULTIFIT* nurse or doctor.

When to take your pulse

- Stop or slow down to check your pulse rate every 5 to 10 minutes during your exercise period.
- 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 allow your heart rate to fall within the range.
- Staying within the prescribed heart rate range is extremely important to the safety of your exercise program.

Heart rate monitor

To help you know how hard you need to exercise, a heart rate monitor may be loaned to you 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. Refer to the heart rate monitor instructions for more information.

Rate of perceived exertion

Another way to monitor how hard your heart is working while exercising is the “Rate of Perceived Exertion” (RPE) Scale. This is a scale that rates the intensity of physical effort from *very light* to *very hard*. The scale can help you regulate the intensity of your exercise conditioning sessions, especially if you are receiving medications that lower your heart rate, such as beta blockers.

	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* nurse. He or she will review these logs to assess your progress and evaluate any problems that you may have reported in the “Comments and Symptoms” section. During telephone calls to you, the nurse will advise you about any changes in your exercise. If questions arise in the meantime, 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 (discomfort, pressure, or pain 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.
- Dizziness, light headedness, or faintness during 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 nitroglycerin tablet. If after a total of three nitroglycerin tablets 5 minutes apart the pain is not gone, call your physician or go to the emergency room.
- If chest pains become more severe than usual and you also have sweating, nausea, vomiting, shortness of breath, fainting or a very slow or rapid heart rate, call the paramedics or go to the emergency room.

Situations to avoid

- Avoid exercise for at least two hours after eating.
- Avoid exercising outside during very hot, humid, smoggy, or cold weather. Consider walking in a controlled environment, such as a shopping mall.
- Avoid increased 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 ___ / ___ / ___

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 any brand names; any similar products may be used.

If you have an emergency medical condition, call 911 or go to the nearest hospital. When you have an emergency medical condition, we cover emergency care from Plan providers and non-Plan providers anywhere in the world.

An emergency medical condition is (1) a medical or psychiatric condition that manifests itself by acute symptoms of sufficient severity (including severe pain) such that you could reasonably expect the absence of immediate medical attention to result in serious jeopardy to your health or serious impairment or dysfunction of your bodily functions or organs; or, (2) when you are in active labor and there isn't enough time for safe transfer to a Plan hospital before delivery, or if transfer poses a threat to your or your unborn child's health and safety.