



How to use the handbook

Welcome to Cardiac Rehabilitation. This handbook is designed to help you identify your own individual risk factors and to help you with any changes you would like to make. Please bring your handbook with you to each session as your cardiac rehabilitation nurse and/or physiotherapist/exercise specialist will refer to it frequently throughout the programme.

You may wish to fill in an exercise diary, an example of which can be found on page 20. From this information you will be advised on how to tailor your exercise plan to meet your individual needs.

To ensure that all members of the group get the most out of attending the programme we ask that you and your partner/friend acknowledge the following ground rules:

- If you are unable to attend any of the sessions, please ring and let the cardiac rehabilitation team know. Tel: 0300 421 1212 - then option 2.
- Please arrive on time
- If you have been unwell in between your sessions please inform a member of the team
- **If you are diabetic and have a testing kit please bring it with you each week. Please check your blood sugar levels before and after exercise (please let a member of the team know your blood glucose readings). It is also advisable to bring a small carbohydrate snack.**
- Please turn off your mobile phone or ensure that it is on 'silent'
- If a group member should mention anything of a personal nature please treat this as confidential
- Show respect for each other's views
- Only one person speaks at a time – to allow others to say something
- No question is a silly question – it's ok to ask a question!

By the time that you have completed the Cardiac Rehabilitation programme we hope that all of your questions and concerns have been resolved. Please use this space to record your 'burning' questions/issues. At the end of your programme please review this list and speak to a member of staff if your learning requirements have not been met.

1.
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What will be covered in your weekly talks?	Supporting information/ tools for each session:
<p><u>Coronary Artery Disease & Risk Factors:</u> During this session we aim to provide you with information to enable you to gain a better understanding of your long-term condition, the treatment that you may have received or are due to have, and how to reduce your risk of having another cardiac event.</p>	<ul style="list-style-type: none"> • Your risk factors for coronary artery disease chart – pages 3-4 • You may wish to bring a copy of your hospital discharge letter to the talk
<p><u>Stress Management, Relaxation, Goal Setting and Pacing:</u> During this session we aim to help you understand the different types of stress, the causes of stress, and the effect of being stressed both physically and emotionally, how we respond to stress and how you can learn to manage it. You will be shown how to practise abdominal breathing. We also talk about how to goal set and pace your activities.</p>	<ul style="list-style-type: none"> • Learn how to relax your muscles – page 5 • Relaxation CD & ‘dot’ stickers • Goal setting & pacing – page 6-7 • Action plan for improving low mood/depression – page 8
<p><u>Medication to Protect your Heart. Understanding Blood Pressure & Cholesterol:</u> During this session we will discuss your secondary prevention medications, their actions, and their common side effects. We will also be looking more closely at blood pressure and cholesterol; two of the modifiable risk factors for developing coronary artery disease.</p>	<ul style="list-style-type: none"> • You may wish to bring a list of your current medications to the talk • Action plan for high blood pressure – page 9 • Action plan for high cholesterol – page 10 <p>NB. If you have had your blood pressure and/or cholesterol checked recently please remember to ask for your results.</p>
<p><u>Healthy Eating and Making Changes:</u> During this session we will be looking at healthy eating. The following topics will be explored: fats; fruit and vegetables; oily fish; salt; sugar; alcohol. We will also spend some time explaining how to make changes and how to ‘action plan’.</p>	<ul style="list-style-type: none"> • You may wish to consider completing a food diary – see page 11 • Action plan for healthy eating – page 12
<p><u>Exercise:</u> During this session you will learn more about the benefits of exercising regularly and how to do so safely. We will explain how to monitor your exercise, the importance of warming up and cooling down, and your training range.</p>	<ul style="list-style-type: none"> • Exercise information – pages 13-20. You may be offered an Exercise DVD to keep • See page 15 for your training range • Action plan for increasing physical activity levels – page 19 • Exercise diary – page 20
<p><u>Making the Most of Your Recovery:</u> During this session we will be discussing the psychological/emotional impact of having a cardiac event and getting back to normal.</p>	<ul style="list-style-type: none"> • You may wish to think about any activities or hobbies that you would like to receive more advice on.

Your Risk Factors for Coronary Artery Disease

There are certain factors that make you more likely to develop coronary artery disease. By understanding your risk factors and by making some changes to your lifestyle, you can significantly reduce your risk of having another cardiac event and improve your chances of making a full recovery. For more information and advice about making changes refer to the chapter in the red cardiac rehab book. Below is a table to help you identify your individual risk factors with space to set short term and long terms goals. Your Practice Nurse at your GP surgery may also be able to help you with your goals - you may wish to take your handbook with you to your next appointment/annual healthy heart or diabetes check-up. **If you have any risk factors you can't change, it is even more important to look at the risk factors that you can change.**

Risk Factor	Target	Where am I now?	Short Term Goal	Long Term Goal
Smoking	Stop smoking			
Blood Pressure	Aim to keep below 130/80			
	Total cholesterol below 4 (or 25% reduction)			
Cholesterol	Non-HDL below 2.5 (or a 40% reduction)			
	HDL (more than 1.0)			
Exercise	150 minutes of moderate intensity activity in bouts of 10 minutes or more. One way to approach this is 5 x 30mins of moderate intensity aerobic exercise per week.			
Diabetes	Ask your GP, Practice Nurse or Diabetic nurse for your HbA1c target			



h a n d b o o k

Risk Factor	Target	Where am I now?	Short Term Goal	Long Term Goal
Mediterranean Diet	Fruit/Veg x 5 portions or more per day 2 portions of fish per week, one of which should be oily			
Diet - Saturated Fat	Reduce & replace with unsaturated fats			
Salt	Reduce to less than 6g per day			
Sugar	Reduce added sugars			
Diet - Alcohol	Both men & women are advised not to regularly drink more than 14 units per week (2 units per day). Aim for 2 alcohol free days per week.			
Body Shape - Waist Circumference	(refer to chart in red cardiac rehab book)	Waist measurement: _____ inches/ _____ cms		
Stress & low mood	Support & Management			
Confidence to change	1-10 score (>7)			



Learn how to relax your muscles

You will be offered a relaxation CD during one of the sessions, which is yours to keep.

Guidance for relaxation CD's

- Many people will feel more stressed or anxious following a cardiac event. The CD is designed to help you manage some of these feelings
- 3 techniques – lasting around 15-20 minutes each
- Practice one exercise daily if you can, ideally for a few weeks and then on a regular basis to fit in with your daily life
- The exercises can help encourage relaxation, improve sleep, boost mood and lower blood pressure
- It can take time to develop relaxation skills and becomes easier with practice. Likewise you are more likely to recognise the benefits from using relaxation on a regular basis

The CD's are "burnt" – so if your stereo will not play it, then putting it in a PC or games console may help.

1. Deep Muscle Relaxation

This exercise helps you to distinguish between tension and relaxation in the body. This allows you to recognise what feeling tense can feel like so you can take steps to reduce it when it happens, i.e., learn how to relax. Most people are not aware of what feeling relaxed is really like and this technique will help you with this. Once you have mastered this technique you can employ it when you feel tense even if you have not got the CD to hand.

2. Mental Relaxation

This exercise helps to relax the mind. This exercise is particularly good if you experience stress in a "mental" way or have worrying thoughts which interfere with sleep. Emphasis is on promoting relaxation to help you cope better with stress.

3. Autogenic Relaxation

Autogenic just means, "self-generating" and is another form of relaxation. This exercise is a bit more advanced than the other two so you might find it useful to master exercises 1 and 2 before moving on to this one. This exercise is often very popular with people who have had a cardiac event; it can help boost circulation which may help with angina symptoms and it also can help reduce cold hands and feet which are sometimes associated with beta blockers. When you relax, two things happen: there is increased blood flow to the extremities and secondly decreased muscular tension.

MOST IMPORTANTLY: DO NOT USE THE CD WHEN DRIVING, WHEN IN THE BATH OR DOING ANYTHING THAT REQUIRES STAYING ALERT – IT IS COMMON TO FALL ASLEEP WHEN DOING THE EXERCISES!

You will also be given some 'dot' stickers at the same time as we offer you a relaxation CD. Please remember to stick these dots in places where you will see them regularly to remind you to practise **better breathing for relaxation**, otherwise known as abdominal breathing. You may wish to consider placing a red dot in the following places:

- the kettle
- the car keys
- on the remote control
- on the computer keyboard
- on the steering wheel

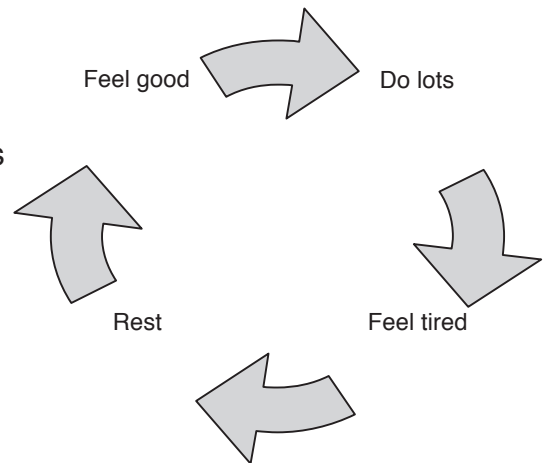
Please see a member of the team if you are having difficulty getting the hang of better breathing!



Goal Setting and Pacing

People who have a heart condition often tend to base what they do, or how much they do, on how they feel. Understandably, you tend to do more when you feel better. Whilst this seems logical, it can mean that you overdo things and then find that you are able to do less the next day.

This pattern of doing too much on good days, followed by not being able to do much the next day, can make you feel tired and unmotivated or unable to do your usual activities. This in turn can lead to a loss of fitness and a loss of confidence in doing these activities. We call this activity cycling or 'rushing and resting'; it can trap you into a vicious cycle, which is very difficult to break.



You must be in control of your activity levels and not let them be controlled by your condition. You get control by setting goals, and then pacing yourself by taking small steps towards that goal.

Goal setting

Goal setting is a process that enables you to:

- Be in control of your activities
- Plan what you do
- Plan how much you do at any one time

Step 1: Begin by asking yourself:

- “What do I want to achieve?”
- “What are my long term goals?”

Long term goals can be simple and general, for example:

- “To improve my fitness”
- “To make more opportunities for meeting friends”
- “To eat a healthier diet”

Step 2: Break these general goals down into specific goals, for example:

- “To walk to the local shop”
- “To join the art club”
- “To eat more fresh fruit and vegetables”

Specific goals need to be measurable, and are more short term. Now you can begin to plan how you are going to tackle these specific goals by breaking them down even further into targets; this is called pacing.



Step 3: Pacing

You pace yourself by breaking down your specific goals into short term goals or targets. Let's take a specific goal: "To walk to the local shop".

This can be broken down as follows:

- "To do my 'warm up' and 'cool down' exercises"
- "To walk to the post office (which is half way to the shop)"
- "To be able to do this within 30 minutes without getting out of breath"
- "To do this five days a week"

Pace yourself: keep breaking the goals down until you have several manageable targets or steps, all of which are relatively short term and measurable.

Key points

- Base what you do and how much you do on a plan, not on how you feel.
- Carry out activities at a steady, regular pace in a way that suits you.
- Pace yourself. You are more likely to get to where you want to go by taking lots of small "steps". This applies to any goals you set.
- Goal setting and planning will help you learn what you can do.
- Pacing is a trial and error process, if you do too much, don't panic, have a good look at your exercise and activity levels to see what you can alter or do differently next time.
- Remember to take into consideration all of your daily activities when thinking about your goals. Sometimes people pace their exercise appropriately but catch themselves out by overdoing their housework, job or hobbies.

Goal setting and pacing diary

Try to think of some of the things you want to achieve. Turn them into specific goals and record them below. Think about what you are currently able to do. The example we have given is about physical fitness, but your goals can be to do with eating a healthier diet, reducing your stress levels, or anything else important to you.

	What I am doing now (good days & bad days)	Short term goals (specific & measurable)	Long term goals (specific & measurable)
Example	"A 10 min walk every day"	"I would like to walk for 30 minutes 3 times a week"	"I would like to be able to walk for 30 minutes 5 times per week and incorporate an incline"



My Action Plan for Improving My Low Mood/Depression. Date: _____

What would affect this?

- **Gaining support through completing the cardiac rehab programme**
- **Regular exercise**
- **Talking to your doctor/practice nurse and/or cardiac rehabilitation team**
- **Counselling** – (Let’s Talk service – ask a member of the Cardiac Rehabilitation Team for a leaflet)
- **Joining a local heart support group** – see the red Cardiac Rehab booklet
- **British Heart Foundation Coping with Stress booklet** (available to download www.bhf.org.uk/publications/stress/coping-with-stress)
- **In addition, taking medication if prescribed**



Which of the above do I feel confident to gain help with now?
(You may choose one or more of the above to start with)

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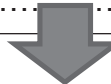
How do I do this?

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-
-



What’s going to get in the way of me achieving this?

-
-
-



What will I do about that?

-
-
-



How confident do I feel that I can improve this?
(1= not at all confident and 10 = very confident)

Review date:



My Action Plan for High Blood Pressure (Hypertension). Date: _____

What would affect this?

- Stop smoking
- Being more active
- Losing weight and reducing your waist measurement
- Having less alcohol
- Having less salt
- Eating more fruit and vegetables
- Learn to manage stress - using abdominal breathing on a regular basis
- In addition, taking medication



Which of the above do I feel confident to change now?
(You may choose one or more of the above to start with)

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-
-



How do I do this?

-
-
-



What's going to get in the way of me making these changes?

-
-
-



What will I do about that?

-
-
-



How confident do I feel that I can do this?
(1= not at all confident and 10 = very confident)

Review date:



My Action Plan for High Cholesterol. Date: _____

What would affect this?

- **Stop smoking** - a chemical found in cigarettes called acrolein stops HDL ('good' cholesterol) from transporting non-HDL ('bad' cholesterol) to the liver, leading to narrowing of the arteries
- **Reduce saturated fats in diet & replace with unsaturated fats**
- **Doing regular physical activity**
- **Eat more high-fibre foods, especially those high in soluble fibre** – helps to lower total cholesterol and non-HDL (bad) cholesterol
- In addition, **taking medication** – statins can reduce total cholesterol levels by more than 20%, and non-HDL (bad) cholesterol levels by more than 30%



Which of the above do I feel confident to change now?

(You may choose one or more of the above to start with)

-
-
-



How do I do this?

-
-
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What's going to get in the way of me making these changes?

-
-
-



What will I do about that?

-
-
-



How confident do I feel that I can do this?

(1= not at all confident and 10 = very confident)

Review date:



h a n d b o o k

Food Diary

If you keep a diary of what you eat for a few days, this will provide a useful baseline from which you can start setting goals for any changes you may wish to make. Please speak to a member of the rehabilitation team if you would like some feedback on your food diary.

Day	Breakfast	Lunch	Dinner	Snacks	No. of Fruit & Veg. Portions	No. of Fish Portions	Alcohol units/ measures
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



My Action Plan for Healthy Eating. Date: _____

- What would affect this?**
- Eating less saturated fats & replacing saturated fats with unsaturated fats
 - Eating more fruit & vegetables (X 5 portions per day or more)
 - Eating 1 to 2 portions of fish per week (1 portion of which should be oily)
 - Eating less added sugar
 - Eating smaller portions
 - Reducing salt < 6 grams per day
 - Having less alcohol - both men & women are advised not to regularly drink more than 14 units per week (2 units per day). Aim for 2 alcohol free days.



- Which of the above do I feel confident to change now?**
(You may choose one or more of the above to start with)
-
 -
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- How do I do this?**
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- What's going to get in the way of me making these changes?**
-
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- What will I do about that?**
-
 -
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How confident do I feel that I can do this?
(1= not at all confident and 10 = very confident)

Review date: _____



Exercise

Your heart is a muscle and needs moderate aerobic exercise to keep it strong and healthy. Exercise increases your pulse rate and breathing rate, it helps develop stamina, and it helps to burn up calories. Building activity into your everyday life is important. In order to strengthen your heart and gain health benefits, exercise needs to make you slightly out of breath. Being short of breath is a natural response to an activity and does not imply a return of cardiac symptoms.

Aerobic exercise is any activity that uses the large muscle groups (legs) in fairly large rhythmical movements and can be sustained over a period of time. It does not involve strength. Highly competitive games or activities that demand bursts of energy, such as squash, are not advised at present. Activities such as shopping and gardening do not count as aerobic exercise but can be good forms of general activity. Good examples of aerobic exercise are:

- Walking
- Cycling
- Dancing
- Exercise classes
- Cardiovascular gym equipment (e.g. treadmill, exercise bike)
- Swimming (please seek individual advice from your cardiac rehabilitation team member)

Anaerobic exercise is best avoided for a period of time after your cardiac event, usually up to the first three months; remember to use the rules of pacing and build up to these sorts of activities gradually when resuming them. Anaerobic exercise involves strength rather than movement; examples of anaerobic exercise include lifting, pushing or pulling anything that is too heavy for you.

Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2 ½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week. Remember to warm up and cool down in addition to this. You will need to pace yourself to get to this level. It is also important to keep physically active by doing gentle exercise/ activity throughout the day.

Important things to remember about exercise

- Warm up for at least 15 minutes before you start your exercise
- Cool down for at least 10 minutes after you exercise
- If you get too breathless to say your telephone number out loud without gasping, slow down until you can
- To exercise at the right rate for you which should be 13 on the exercise scale (see below)
- Do not exercise if you feel unwell, e.g. have a cold, flu like symptoms or a temperature. Please leave at least 48 hours after symptoms go.
- In extremely cold weather try to exercise indoors
- In extremely hot weather you may tire easily, so you may need to reduce the intensity or choose cooler times of the day i.e., early in the morning or later in the afternoon/early evening
- Wear comfortable loose clothes and sensible footwear



- Drink fluids regularly before, during, and after your exercise
- Always remember pacing – use specific and short term goals, plan your exercise.
- Please ensure that you leave at least 1 hour after having a light meal and at least 2 hours after a main meal before commencing exercise.
- **If you experience any chest pain or discomfort STOP exercising and take a couple of deep breaths. Keep your leg muscles working by moving your feet. If discomfort persists after a few minutes, use GTN medication – refer to back cover of this booklet**

How to Monitor Your Exercise

There are a number of ways to monitor your exercise; the following are three methods we use during the programme.

1) Exercise Scale

This is a scale for you to say how hard you feel the exercise is for **YOU**. There is no right or wrong response. Choose a number that best reflects how your breathing and muscles feel whilst exercising. With a little practice you should be able to use this scale to feel the intensity of your exercise and will not need to keep taking your pulse.

Borg's Rating of Perceived Exertion (RPE) Scale

Perceived Exertion Rating	Description of Exertion
6	No exertion. Sitting & resting
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Aerobic exercise at the right level for you can be recognised as **13 – somewhat hard on the exercise scale**



2) Telephone Number Test

Exercising should make you slightly short of breath but you should still be able to hold a conversation. You should be able to say your telephone number out loud, including the area code, without having to stop and take a breath or having to take a big gasp of air at the end. If you need to take a breath in the middle, you are working too hard for you, so you need to reduce the amount of exertion you are putting into the exercise, e.g. reduce the speed you are walking at.

3) Training Range

Your training range is a guide to help you understand when your pulse rate is at the right level for you when exercising. You are in your training range when your pulse rate is between the two figures we have calculated for you. Your age and medication has been taken into account when calculating these figures. Please let a member of the cardiac rehabilitation team know if your medication has been changed since your initial cardiac rehabilitation assessment or if it is changed whilst you are attending the programme. Sometimes you may find your pulse rate goes above your training range. If this happens you should reduce the intensity of your exercise, e.g. walk slower. Don't panic, for short periods this will not harm you but may make you feel tired, there is no additional benefit from working above your recommended training range.

Date: _____ Your training range is a pulse rate of between _____ and _____

This range has been calculated for you and is right for you now.

Your training range will need to be adjusted every time you have a birthday!

You can measure your heart rate manually, by simply taking your pulse. However, you may be thinking about buying a heart rate monitor. There are many different types available for you to buy, and they can be found in most big high street shops, department stores, large supermarkets, and pharmacies. Which type you choose will depend on what you want it to do, for example some heart rate monitors have additional built in features such as a calorie counter. If you simply want to measure your heart rate, choose a basic and inexpensive one. It will still do the job.

How to measure your pulse:

There are two places where the pulse can be taken easily; your wrist and neck.

- **Wrist pulse:** turn your right hand palm upwards. With the fingers of your left hand (not thumb) feel the pulse below your thumb on your right wrist – sometimes under the watch strap.
- **Neck pulse:** place the fingers of one hand about 1 inch to either side of the centre of the front of your neck and you should feel your pulse.

Starting with zero, count the number of beats over 15 seconds and then multiply that number by 4. (e.g. 20 beats over 15 seconds = $20 \times 4 = 80$ beats per minute).

If you try to count your pulse for a longer time you will obtain inaccurate information on the intensity of your exercise. Try taking your pulse first thing in the morning before you get out of bed, to obtain your resting pulse rate.


Record your resting pulse here :

Try to take your pulse before you warm up, whilst exercising, and at the end of your cool down and record this information in your exercise diary.


h a n d b o o k

The **exercise circuits** we use on the programme are shown on the next couple of pages. If you choose to do these exercises at home, work at the same level as you have been instructed on the cardiac rehabilitation programme. **Don't forget to do your 15 minute warm up and 10 minute cooldown!**

The Standing Exercise Circuit




Alternate toe taps on the step




Marching on and off the step

1

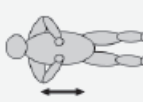


Calf raises

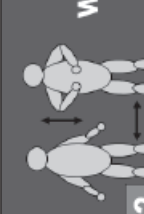


Alternate squats and calf raises

2




Marching on the spot with upright row




Side steps with upright row

3



Alternate knee bends



Alternate knee bends swinging arms

4




Mini squats




Deeper squats with arms stretching forwards

5



Side taps with single arm side raises



Side taps with double arm side raises

6




Alternate heel raises with arms pushing back




Alternate toe taps behind with arms pushing back

7



Gentle marching on the spot



Alternate high knee raises

8

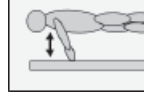


Step backwards and knee bend

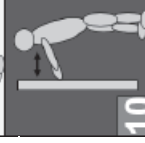


Step back and knee bend with arm pushes back

9



Wall presses standing close by



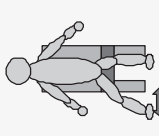
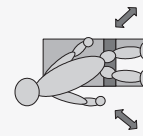
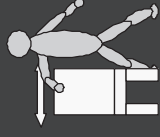


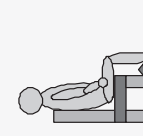



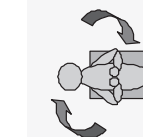
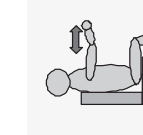
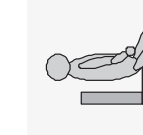
Wall presses standing further away

10

h a n d b o o k

Seated Exercise Circuit

These exercises are designed to be completed following a 15 minute warm-up which can also be completed using a chair. Hand weights may also be used to increase intensity of the exercises. Don't forget to do your 10 minute cooldown afterwards!

 <p>Toe taps to the side</p> <p>1</p>	 <p>Seated side bends</p> <p>2</p>	 <p>Alternate Leg Extension</p> <p>3</p>	 <p>Alternate heel tap & Upright row</p> <p>4</p>
 <p>Side steps holding chair</p> <p>1</p>	 <p>Transfer weight one foot to another</p> <p>2</p>	 <p>Sit to stand</p> <p>3</p>	 <p>Alternate heel tap & Upright row</p> <p>4</p>
 <p>Seated knee raise</p> <p>5</p>	 <p>Standing knee raise</p> <p>5</p>	 <p>Seated Calf raise</p> <p>6</p>	 <p>Standing Calf raise</p> <p>6</p>
 <p>Bicep Curl & heel raise</p> <p>7</p>	 <p>Seated march & chest press</p> <p>8</p>	 <p>Seated leg curl swinging arms</p> <p>9</p>	 <p>Leg curl With support</p> <p>10</p>
 <p>Seated body twist</p> <p>7</p>	 <p>Wall push up</p> <p>9</p>	 <p>Seated leg curl swinging arms</p> <p>9</p>	 <p>Leg curl With support</p> <p>10</p>



How to Stay Fit for LIFE

To maintain the benefits of exercise, you need to exercise for life. The aim is always **MODERATE AEROBIC** exercise.

As you gain fitness, your exercise will get easier so you will need to increase what you do to keep improving. To maintain the correct rate of exercise in the long term you will need to gradually increase one of the following aspects as you get fitter:

Frequency - exercise more often

Intensity - walk a little faster

Time - exercise for longer

Type – aerobic exercise

Only change one of these at a time and always remember your pacing.

During the programme the exercise component lasted for 20 minutes Don't forget we also warmed up for 15 minutes and cooled down for 10 minutes! If you would like a reminder of the warm up and cool down exercises either contact us via email gcs-cardiac.rehab@nhs.net or please ask for a paper copy from the team. Also referenced in the red book on page 60.

Phase IV Cardiac Rehabilitation

Phase IV Cardiac Rehabilitation is a community based exercise rehabilitation service involving the long term maintenance of exercise and lifestyle management that continues on from the classes you have been attending with us (Phase III). To join a class you will need to have completed the Phase III programme. A referral form and a list of county wide Phase IV classes will be made available for you at the end of your 6 week programme.

If you have limited mobility and have difficulty walking outdoors you may also be offered an **exercise DVD** to keep. This has been produced by the Cardiac Rehabilitation team to aid with your exercise sessions whilst you are at home. Please return if unwanted.

We hope that you have enjoyed the cardiac rehabilitation programme. Please ensure that your 'burning issues/questions' on page 1 of this booklet have been addressed. If not please feel free to discuss with a member of the cardiac rehabilitation team.

Other sources of information:

- Walking for Health – www.walkingforhealth.org.uk Tel: 020 7339 8541



My Action Plan for Increasing My Physical Activity. Date: _____

How will increasing my physical activity levels benefit me?

- Maintains normal blood pressure or help lower if it is high
- Improve cholesterol balance by raising HDL (good cholesterol) in relation to the level of non-HDL (bad cholesterol)
- Help weight control along with healthy eating
- Reduce waist circumference (longer term)
- Helps to relieve stress and anxiety through lowering blood pressure and heart rate



What activity am I doing now?

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-
-

What do I want to achieve?

-
-
-



How do I do this? (Complete weekly exercise diary)

-
-
-



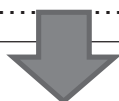
What's going to get in the way of me making these changes?

-
-
-



What will I do about that?

-
-
-



How confident do I feel that I can do this?

(1= not at all confident and 10 = very confident)

Review date:

CARDIAC REHABILITATION HOME EXERCISE DIARY

DATE/TIME	ACTIVITY / EXERCISE RECORD: Type, time taken and how far? COMMENTS e.g. limited by pain/discomfort, shortness of breath	Effort Score (1-10)

Please see a member of the Cardiac Rehabilitation team if you would like to complete further exercise diary sheets. The Exercise Scale can be found on page 14 of this handbook.