

Getting Started

These guidelines are to help you start or restart your exercise program. Your doctor has mentioned the importance of exercise in your recovery. Exercise can be done very safely, however we encourage you to take it slowly at first and progress as outlined below.

Walking is the most common form of exercise, but if you have an exercise bike it can be used as well.

Progression of Exercise		
Level 1	Five to 10 minutes	Four to five times per day
Level 2	15 minutes	Two to three times per day
Level 3	20 to 30 minutes	Once per day
Level 4	20 to 60 minutes	Three to five times per week

When you have progressed to Level 3 or 4 follow these instructions:

1. Do a five-minute warm-up before you start your exercise (i.e., walk slowly or bike slowly).
2. Do a five-minute cool-down after you exercise. (i.e., walk slowly or bike slowly).

Walk-Talk

- ♥ You should be able to walk (or exercise) and talk with little difficulty.
- ♥ Breathing faster and deeper with activity is normal.
- ♥ If you are so short of breath that you find it difficult to talk, then slow down and stop if necessary.

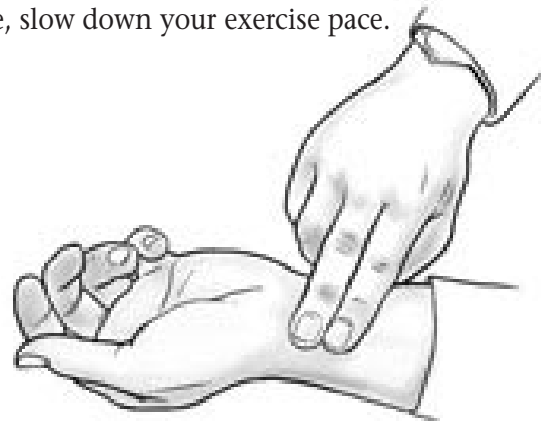
Counting Your Pulse

We encourage you to practice taking your pulse (counting how fast your heart is beating).

- ♥ The artery on the inside of the wrist near the thumb is one of the easiest locations to take your pulse.
- ♥ Count the number of pulsations you feel in a minute while at rest.
- ♥ Your exercise pulse can go up 20 to 30 beats per minute higher than your resting pulse.
- ♥ If the rate goes up by more than 30 beats per minute, slow down your exercise pace.

Example: Resting Pulse = 80
 Exercise Pulse = 100 (good)

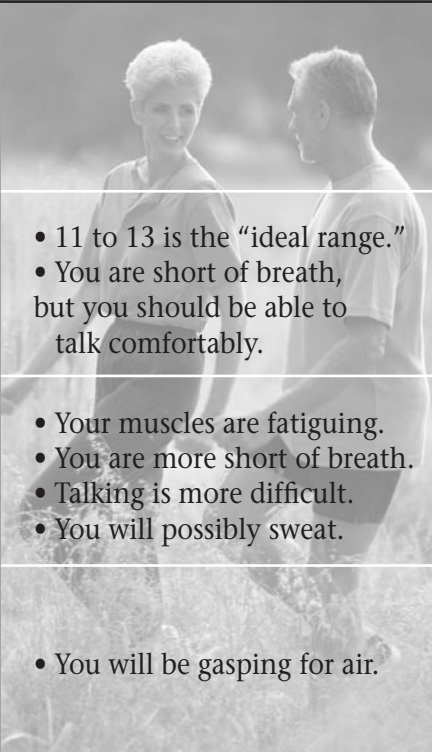
 Resting Pulse = 80
 Exercise Pulse = 120 (too fast)



Rating of Perceived Exertion (RPE)

RPE is simply your own measure of how hard the activity feels to you.

- ♥ This is a tool that you can use if you find it difficult to find and count your pulse.
- ♥ We recommend that you exercise at an RPE of 11 to 13 (fairly light to somewhat hard).
- ♥ Adjust your work to fall within this range.

Too easy– Speed up	6	Resting	
	7	Very, very light	
	8		
	9	Very light	
	10		
Ideal range	11	Fairly light	<ul style="list-style-type: none"> • 11 to 13 is the “ideal range.” • You are short of breath, but you should be able to talk comfortably.
	12		
	13	Somewhat hard	
Acceptable but not ideal	14	Hard	<ul style="list-style-type: none"> • Your muscles are fatiguing. • You are more short of breath. • Talking is more difficult. • You will possibly sweat.
	15		
Too hard – slow down	16	Very hard	<ul style="list-style-type: none"> • You will be gasping for air.
	17		
	18	Very, very hard Exhaustion	
	19		
	20		

Signs of Overexertion:

- ♥ Feeling your heart racing
- ♥ Shortness of breath (extreme)
- ♥ Headache, nausea, vomiting, dizziness/lightheadedness
- ♥ Feeling of excessive fatigue (You should be recovered from exercise in less than one hour).

Call Your Doctor if You Experience:

- ♥ Moderate to severe chest discomfort or previous angina symptoms
- ♥ Skipped heart beats
- ♥ Shortness of breath
- ♥ Any other symptoms you may question



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