

Benefits of being more active

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What are the benefits?

- “If exercise were a pill, it would be one of the most cost-effective drugs ever invented,” says Dr Nick Cavill, a health promotion consultant.



"The greatest hazard of exercise is not doing it"

Dr. Harvey Simon

Benefits of exercise

- ↓ Heart Rate and ↓ Blood pressure at rest. More efficient heart function.
- ↑ Ability of body to take in and use oxygen. This gives you more energy and reduces fatigue.
- Improves muscle tone/strength. Daily life tasks will feel easier
- Helps you to relax and cope better with stress/worry or low mood.
- Burns calories can help in weight control.
- ↑ confidence
- ↓ Total cholesterol ↑ Good cholesterol (HDL)

How do I start?

- Discuss with your cardiologist/Cardiac Technician if embarking on a new exercise routine.
- General advice is to progress slowly.
- Importance of a gradual warm up/cool down
- Avoid static exercise or holding your breath during exercise
- Choose activities you enjoy
- Aim to build up to achieve 30 minutes of Cardiovascular exercise most days of the week. Remember anything is better than nothing!
- Light to moderate intensity. Able to “talk and walk”
- Use the Rate of perceived exertion scale

Rate of Perceived exertion

RPE TRAINING ZONES

BORG RPE	MODIFIED RPE	BREATHING	TRAINING ZONE
6	0	No exertion	1
7			
8	1	Very light	
9			
10	2	Notice breathing deeper, but still comfortable. Conversations possible.	
11			
12	3	Aware of breathing harder; more difficult to hold conversation	3
13			
14	4	Starting to breathe hard & getting uncomfortable	4
15	5		
16	6		
17	7	Deep & forceful breathing, uncomfortable, don't want to talk	5
18	8		
19	9	Extremely hard	
20	10	Maximum exertion	

Physical activity with an ICD or pacemaker



Safety considerations

- Avoid contact sports. Bruising or break in skin at insertion site could lead to infection. Or damage to the pacemaker leads.
- Don't exercise if feeling unwell/running a temperature or recovering from illness or injury.
- Avoid sudden stop and go exercise e.g. shovelling heavy snow.
- Avoid lifting heavy weights/breath holding
- Avoid seated exercises with weights
- Warm up for longer if exercising in colder weather
- Avoid exercising in extreme temperatures
- Stop exercising if you experience dizziness, pain or unusual shortness of breath. Discuss with your Doctor.
- Those with an ICD should only swim if accompanied
- Gym based exercise instructors would need specific information re your ICD settings- ask your Cardiac technician for this

What next?

- Health Walks . Choice of 8 sites in Swindon. Led by a volunteer at a steady/brisk pace. (Free)
- Up “n” walking suitable for beginners. Mon 11.00am-12.00pm
County Ground athletics track (supervised by an instructor) (£2.00)
- Gentle walking group (suitable for those who can only walk short distances)
Mon 2.00pm-3.00pm Haydon Centre.
- Chair based exercise Tues 11.00-1200 Elendune Community Centre (£3.15)
- Circuit class led by a phase IV Cardiac rehab fitness instructor
- Monday 09.00-10.00 Haydon Centre (£3.15)
- Wednesday 10.30-11.30 Stratton Leisure centre
- Balance and safety group Tues 14.00-15.00 Croft sports Centre (£3.15)
- See leaflet with list of activities
- Contact: Ros Hughes (Health improvement coordinator) 01793 464907