CARDIOVASCULAR DISEASE

Exercise plays a significant role in the prevention and rehabilitation of cardiovascular diseases. High blood pressure, high cholesterol, diabetes and obesity can all be positively affected by an appropriate and regular exercise program which in turn benefits cardiovascular health. Cardiovascular disease can come in many forms including: Acute coronary syndromes (coronary artery disease), myocardial ischemia, myocardial infarction (MI), Peripheral artery disease and more. Exercise can improve cardiovascular endurance and can improve overall quality of life.

If you have had a cardiac event and are ready to start an appropriate exercise plan, Cardiac Rehabilitation may be the best option for you. Please call 317-745-3580 (Danville Hospital campus), 317-718-2454 (YMCA Avon campus) or 317-456-9058 (Brownsburg Hospital campus) for more information.

SAFETY PRECAUTIONS

- Ask your healthcare team which activities are most appropriate for you.
- If prescribed nitroglycerine, always carry it with you especially during exercise and take all other medications as prescribed.
- Start slow and gradually progress. If active before event, fitness levels may be significantly lower – listen to your body. A longer cool down may reduce complications.
- Stop exercising immediately if you experience chest pain, fatigue, or labored breathing.
- Avoid exercising in extreme weather conditions.
- Drink plenty of water before, during, and after exercise.
- Wear a medical identification bracelet, necklace, or ID tag in case of emergency.
- Wear proper fitting shoes and socks, and check feet after exercise.

STANDARD GUIDELINES

F – 3-5 days a week. Include low weight resistance training 2 days/week

I – 40-80% of exercise capacity using the heart rate reserve (HRR)
(220-age=HRmax; HRmax-HRrest = HRR)

T – 20-60mins/session, may start with sessions of 5-15 mins if necessary
T – Large rhythmic muscle group activities that are low impact (walking, swimming, biking)

Get wellness tips to keep YOU healthy at **HENDRICKS.ORG/SOCIAL**.