

Exercise Guidelines

Why Exercise is Important

Getting regular exercise will help:

- prevent another stroke, if you had one
- maintain a healthy weight
- reduce the risk for heart disease, diabetes, obesity, certain cancers and joint conditions
- reduce levels of anxiety and stress
- improve your self-esteem and confidence
- improve concentration and memory
- maintain good blood pressure and cholesterol levels
- give you an overall feeling of well-being
- build endurance and increase your metabolism
- you relax and sleep better
- provide healthy blood flow to your brain
- improve your mood
- improve your thinking and memory
- improve your walking ability
- treat your pain.

Your Goals

- Your general goal is 30 minutes of exercise at least 3 to 5 days each week. Aerobic exercise uses large muscle groups and raises your heart rate (like biking, walking and swimming).
- During aerobic exercise you should be able to talk (singing would be hard).
- Your rate of perceived exertion (how hard you are working) should be between light and somewhat hard. (See the chart on the back.)

How You Can Exercise

- Follow your exercise prescription from your therapist or doctor:
 - aerobic exercise
 - strength training
 - flexibility and balance.
- If you do not have an exercise prescription or you are having a hard time starting one, ask your doctor for a referral to physical therapy.
- Do what you can based on your abilities.
- Walk around your house.
- Walk around your neighborhood.
- Do something you enjoy. Walk with a friend or with a walking group.
- Join a fitness center (if you are able).
- Start small.
 - Exercise for 5 minutes 5 times a day.
 - Add 1 to 3 minutes each day as you are able.

Signs You are Doing Too Much

As you exercise you should be aware of your body's response. Signs you are doing too much include:

- feeling dizzy or lightheaded
- nausea (upset stomach) and vomiting (throwing up)
- cold sweat

(over)

- being short of breath (unable to sing but still able to have conversation)
- exhaustion or unusual fatigue (very tired)
- feeling as if your heart is suddenly racing or pounding
- any chest pain or pressure in your teeth, arm, jaw, ear, neck or between your shoulder blades.

Call your doctor if the symptoms do not go away after resting. Call 911 if you cannot reach your doctor. Do not drive yourself to a clinic or Emergency Department.

Borg RPE Scale®

Try to keep your effort between 11 and 14 on the Borg RPE® Scale below.

- 6 No exertion at all
- 7
- 8 Extremely light
- 9 Very light
- 10
- 11 Light
- 12
- 13 Somewhat hard
- 14
- 15 Hard (heavy)
- 16
- 17 Very hard
- 18
- 19 Extremely hard
- 20 Maximal exertion

Borg-RPE-skalan®
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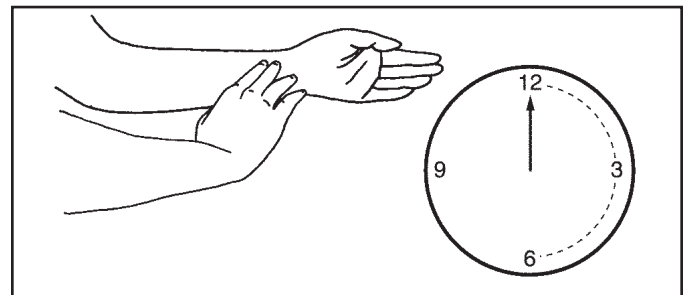
The scale with correct instructions can be obtained from Borg Perception, see the home page: www.borgperception.se/index.html.

Target Heart Rate

Your target heart rate can help you stay in a safe exercise heart rate range. You should exercise at your age guidelines below. (See the chart below.)

Age (years)	Target heart rate zone (beats per minute)
20	110 to 160 bpm
30	105 to 152 bpm
35	102 to 148 bpm
40	99 to 144 bpm
45	96 to 140 bpm
50	94 to 136 bpm
55	91 to 132 bpm
60	88 to 128 bpm
65	85 to 124 bpm
70	83 to 120 bpm
75	80 to 116 bpm

BPM stands for beats per minute. This is how hard your heart is beating during exercise.



To find your beats per minute, put 2 fingers (don't use your thumb) on the inside of your wrist (see above). Count the beats for 30 seconds. Double that number to get the beats per minute.