My-Barre Guide for those with Heart disease

There is almost no disease that exercise doesn't benefit. As such, just because you've had a heart attack, a weak heart ([congestive heart failure](http://www.nationaljewish.org/healthinfo/conditions/congestive-heart-failure/)) or other heart disease, doesn't mean that you have to sit around and do nothing. In fact, with regular exercise (greater than 150 minutes a week), you may hasten your recovery, improve heart function and even get off of some of the medications you're on.

Some Benefits of exercise include:

* Strengthening your heart and cardiovascular system
* Improving your circulation and helping your body use oxygen better
* Improving your heart failure symptoms
* Lowering blood pressure
* Improving cholesterol.

It's never too late to increase your physical activity or start an exercise program**.**

**Before coming to class, get an "OK" and some guidelines from your doctor before you start.**

Always check with your doctor first before starting an exercise program. Your doctor can help you find a program for your level of fitness and physical condition.

Here are some discussion questions:

* How much exercise can I do?
* How often can I exercise each week?
* What type of exercise should I do?
* What type of activities should I avoid?
* Should I take my medication(s) at a certain time around my exercise schedule?
* Do I have to take my pulse while exercising?

Your doctor may decide to do a stress test or an echocardiogram, or to modify your medications. Always check with your doctor first before starting any exercise.

Exercise Warnings for Heart Disease and anyone experiences symptoms

There are some precautions you must adhere to during any exercise program:

* Stop the exercise if you become overly fatigued or short of breath. Do not return to class until you have Discussed the symptoms with your doctor.
* Do not exercise if you are not feeling well or were very recently ill. You should wait a few days after all symptoms disappear before restarting the exercise program. If uncertain, check with your doctor first!
* If you have persistent shortness of breath, stop activity and rest, call your doctor.
* Stop the activity if you develop a rapid or irregular heartbeat or have heart palpitations. Check your pulse after you have rested for 15 minutes. If it's above 120 beats per minute at rest, call your doctor.
* If you experience pain, don't ignore it. If you have chest pain or pain anywhere else in the body, do not continue in the class or activity to.
* If you pass out, call your doctor or seek urgent care as soon as you awake.

Stop Exercising and Rest if You Have Any of the Following Symptoms:

* Chest pain
* Weakness
* Dizziness or light headedness
* Unexplained swelling
* Pressure or pain in your chest, neck, arm, jaw or shoulder, or any other symptoms that cause concern.
* Never exercise to the point of chest pain or angina. If you develop chest pain during exercise, call 999 right away