

EXERCISE FOR HEART HEALTH



BENEFITS OF EXERCISE FOR PATIENTS WITH HEART DISEASE AND HEART FAILURE

Reduces risk for cardiovascular disease

Improves quality of life for patients with heart failure

↓ 20-40%



Improves physical fitness and combats sedentary lifestyle - a risk factor for heart diseases

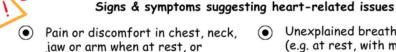


Improves blood circulation to the legs and increases walking endurance





Do not engage in exercise if there are NEW changes to your heart status:



- Unexplained breathlessness (e.g. at rest, with mild exertion or when lying flat)
- Dizziness or fainting episodes
- Intermittent pain over the legs
- Unexplained fast heart rate

worsens with exertion

- Unusual fatigue
- Bilateral ankle swelling (present in both feet)

 Presence of heart murmur (sounds of whooshing)



See your heart doctor for advice if you had a heart attack, abnormal heartbeat or heart failure in the past 6 months (Participate in a medically-supervised exercise programme to improve your health).

Images credit: Canva
Source: Exercise is Medicine Singapore. Exercise prescription guide (2nd Ed, 2023)



EXERCISE PRECAUTIONS

During exercise, monitor symptoms suggestive of heart-related problems. If you have symptoms, stop your exercise and see a doctor for advice.

MEDICATIONS &



GTN (Glyceryl trinitrate)



Standby for chest pain

If you are on the following:

Statins/ Fenofibrate/ Gemfibrozil



Watch out for:

- Muscle aches & cramps
- Fatigue
- Tea-colored urine

Beta-blockers

(e.g. bisoprolol, atenolol)

& Diuretics

(e.g. frusemide, hydrochlorothiazide) Hydrate well
 Watch for sy

 Watch for symptoms of heat injury and low sugar (e.g. giddiness, tremors, confusion)

Calcium channel blockers

(e.g. nifedipine, amlodipine),

Alpha-blockers

(e.g. prazosin)

& Vasodilators

(e.g. ISMN, ISDN)



Do prolonged and gradual cool-down exercises to prevent sudden drops of blood pressure post-exercise.

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