



GET MOVING WITH HEART FAILURE  
Heart Failure Awareness Week 2017 · February 12-18, 2017

*Lace up and Go!*  
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## Heart Failure & Exercise

### Biking

Heart failure occurs when your heart is not able to pump enough blood to meet the needs of your body. You can exercise when you have heart failure. Before starting to exercise, talk with your health care provider about the best types of exercise for you.

Biking (stationary or outdoor) is a common, effective, and safe aerobic exercise for heart failure patients.

#### Working with your Heart Failure Team

- Keep all appointments with your health care providers
- Write down any questions you have and bring them to your appointments
- Bring all medications, including those you buy “over-the-counter” to your appointments to review with your health care provider
- Take your medications as prescribed and refill your prescriptions on time
- Let your health care provider know if you are not able to get or take your medications
- Weigh yourself every morning (before eating and after going to the bathroom) and bring a list of your weights to your appointments
- Ask your health care provider what your weight goal should be \_\_\_\_ lbs

#### Tips for Biking

##### Before biking outside:

- Wear a helmet and make sure your helmet is secured properly
- Make sure your bike is properly adjusted, your seat is in a comfortable position, your wheels are secured, and your brakes work
- Stay visible at all times and bike in the direction of traffic
- Leave your headphones at home so you can pay full attention to your surroundings and traffic



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#### Tips for Heart Failure Team

- Ask your health care provider what your target heart rate should be \_\_\_\_\_ beats per minute
- Ask how much salt (sodium) you should have each day \_\_\_\_\_ mg per day
- Ask if you should limit your fluid intake
- Talk to your health care provider if you need help to stop smoking or lose weight

#### Tips for Biking

##### Biking Tips:

- Begin with a light 5 minute warm up, such as light pedaling or walking, before beginning your exercise routine
- Start your routine by biking on a stationary or outdoor bike for 2 minutes and rest for 1 minute. Repeat this 3 times until you reach 6 minutes of total exercise time
- After 1 week of exercise, repeat the 2-minute interval session 5 times to equal 10 minutes of total exercise time
- As this becomes easier, lengthen your exercise period to 4 minutes and rest for 2 minutes. Repeat this 5 times to reach 20 minutes of total exercise time
- Then extend your exercise period to 5 minutes and rest for 2 minute intervals, until you reach 30 minutes of total exercise time
- As this biking routine becomes easier, decrease the time of your rest intervals and increase the intensity and resistance at which you exercise
- End your exercise routine with a 5-minute cool down (slowly decrease your speed and intensity) and stretch
- Call your health care provider if you have new or increasing symptoms