



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

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

### How Hard Am I Exercising

Heart failure occurs when your heart is not able to pump enough blood to meet the needs of your body. There are many causes and types of heart failure. You can exercise when you have heart failure. Walking is one of the easiest exercises and it's free!

#### Questions to ask Your Provider

- What is my target heart rate?

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#### How to Exercise Safely

##### Target Heart Rate (THR)

The Target Heart Rate is the specific age-based pulse rate to be maintained during aerobic exercise to ensure optimal cardiovascular function. Maintain exercise intensity keeping the heart rate at 60% to 85% of the maximum.

Take your pulse on the inside of your wrist, on the thumb side. Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist. Count your pulse for 10 seconds and multiply by 6 to find your beats per minute.

##### Resting heart rate (RHR)

Resting heart rate (RHR) is the number of times your heart beats per minute while at complete rest. A normal heart rate varies. The heart rate may be less than 60 beats per minute if you are taking medication such as a beta blocker.