



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

Lace up and Go!
aahfnpatienteducation.com

Heart Failure & Exercise

How to stay motivated and stick with your exercise program

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.

Regular exercise can help you feel better and stay out of the hospital. The following tips may help you stay motivated and stick with your exercise program.

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
- 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

Getting Started With Exercise and Sticking with It

- Choose an exercise you will enjoy such as walking, biking, dancing, swimming or yoga
- Keep a journal or diary and write about how you feel, when you exercise, and what exercise you do
- Look for ways to add exercise in small ways. For example, take the stairs one flight instead of the elevator, or park your car a little farther away than usual
- Set short-term goals. For example, “This week, I will walk 3 times.” Start slow, with just a few minutes each day, then increase the time next week
- Include friends or family in your exercise program
- Keep exercise clothes and shoes handy
- Pick a time of day that is easiest or when you have the most energy
- After you meet your exercise goals for the week, reward yourself with a healthy treat
- Change the activity if you get bored
Call your health care provider if you have new or increasing symptoms