



 American Association of Heart Failure Nurses

**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

### Walking 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.

Walking is one of the easiest exercises and it's free!

#### 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

#### Tips for Exercise: Walking

- First, ask your health care provider to help with setting goals for a walking program
- Start out slow and easy. For example, 5 – 10 minutes a day and increase gradually. If you cannot exercise every day, then try at least 3 days a week. You do not need to exercise all at one time
- Do this every day for a week. If this was easy for you, add five minutes to your walks every week until you reach a goal of 30 minutes, or try 15 minutes twice per day
- Do not worry about speed. Just concentrate on gradually increasing the speed over time
- Celebrate and reward yourself when you meet your goals! Don't give up if you do not reach your goal on the first try. Keep trying
- Keep a diary or journal recording how you feel
- Make exercise fun. Choose different places to walk. Join a walking group at the local mall or ask a friend or neighbor to join you



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#### Tips to work with your Heart Failure Team

- 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

#### Tips for exercise: Walking

- Buy a pedometer to track your steps. Set a goal of how many steps you want to achieve daily
  - A pedometer is a battery-powered device that records and displays the number of steps you take based on your body's movement
  - Pedometers are in-expensive and can be worn at the waist, arm, or ankle
  - Many personal electronic devices such as your mobile phone or fitness bands feature a pedometer or an application (app) that can track steps
- Call your health care provider if you have new or increasing symptoms