



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

Lace up and Go!
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Heart Failure Awareness and Exercise

Warm Up and Strength Training Exercises

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.

Warming up prior to exercising will help you avoid injury to your muscles.

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

Warm up exercises

- All exercises are done with slow controlled movements
- Listen to your body. If certain ranges of motion are unable to be reached or if resistance is too intense, back off. You can reduce range of motion or resistance as necessary
- If you are unable to do any exercises, you can either use alternate exercises if available, use an exercise that you know can work for you in its place, or just wait until the next one
- Call your health care provider if you have new or increasing symptoms

Warm Ups

Head/neck rotations: Slowly turn your head as if you are looking over your shoulder. Repeat other side

Shoulder Shrugs: With arms hanging by your side, slowly raise shoulders up toward ears and slowly lower them back down

Forward arm raises: With arms hanging by your side, slowly raise them forward going no higher than the shoulder

Sideways arm raises: Hold elbows at 90 degrees while arms are at your side. Raise hands and elbows no higher than shoulders

Arm Curls: With arms hanging by your side, bend at the elbow and bring hands up to shoulder

Lower Back Rotation: Slowly rotate at the lower back as if you were looking behind you. Repeat other side

Marching in Chair: Alternate raising thighs off chair as if marching

Seated Kicks: Alternate bending at the knees and extend feet forward