



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

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## Heart Failure and Exercise

### What Pedometers Tell You

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.

Pedometers are a good way to measure your exercise.

#### 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

#### What pedometers tell you

- A pedometer is a battery-powered device that records and displays the number of steps you take
- A pedometer tells you the number of steps you take based on your body movement
- Pedometers are inexpensive 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
- Fitness band or activity trackers track steps as well as other information such as distance, sleep and in some cases the heart rate



American Association of Heart Failure Nurses

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### What Pedometers Tell You

#### Working 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

- A good way to start with a pedometer or fitness band is to wear it every day for a week so you can see the number of steps you are taking every day. Then, you can make a plan to increase this a little every week. For example, if you are taking about 3,000 steps a day, set a goal of 3,500 steps a day for the first week. Aim for 4,000 steps a day the next week. You will soon be up to 10,000 steps, or about 5 miles
- What to wear: wear comfortable shoes with thick, flexible soles that will provide cushion
- Call your health care provider if you have new or increasing symptoms