



GET MOVING WITH HEART FAILURE
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Lace up and Go!
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Heart Failure and Exercise Tips for Exercising Safely

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.

This tip sheet and the other tip sheets will help you start and maintain an exercise program that suits your abilities and lifestyle.

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

Tips for Exercise

- How do I start? First, ask your health care provider to help you set goals for an exercise program
- Discuss with your health care provider the right way to stretch before exercising
- Ask your health care provider about monitoring your exercise level using the Rate of Perceived Exertion scale (RPE)
- Discuss with your health care provider your target heart rate (THR)
- Choose clothes and shoes designed for your type of exercise
- Wear comfortable clothing that is appropriate for the weather. In the summer wear a hat and loose fitting cotton clothing to keep you cool. In the winter dress in layers so, as you warm up, you can take off some layers. Wear gloves and cover your nose and mouth with a scarf when the weather is below freezing
- Apply sunscreen with an SPF of at least 15
Call your health care provider if you have new or increasing symptoms