



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

*Lace up and Go!*  
aahfnpatienteducation.com

## Heart Failure and Exercise

### Take the Plunge and Swim

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.

Swimming and water walking/water aerobics are both beneficial because they help to keep joints flexible and muscles conditioned as well as helping with weight loss.

#### 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 Swimming

- Exercise at a lower intensity than you would on land
- Check that the water temperature is 79-97° Fahrenheit (26-33° Celsius)
- Enter and exit the pool at the shallow end
- Include a warm-up period before starting activity and end with a cool-down period
- Use the swim stroke that is most comfortable for you
- Use fins, pull buoys and kickboards for support if needed
- Use good breathing techniques: breathe in and blow out to avoid holding your breath
- Call your health care provider if you have new or increasing symptoms