

Division: Diagnostic and Therapeutic  
Department: Physiotherapy

### Contact details

If you have any queries then  
please give us a ring and talk through  
your concerns

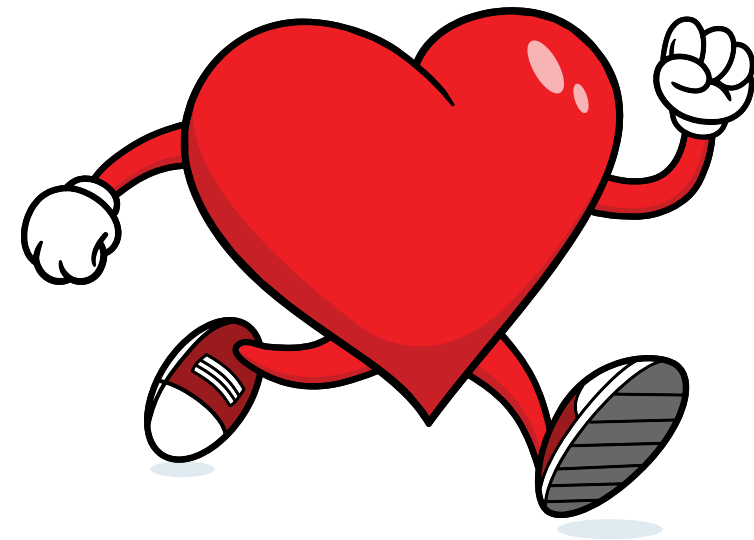
Cardiac Rehab Physiotherapy

**0161 922 6617**

Monday to Friday 8.30 - 16.30



**Tameside and Glossop  
Integrated Care**  
NHS Foundation Trust



**Home Walking Programme**



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If you have a visual impairment this leaflet can be made available in bigger print or an audiotape.

If you require either of these options please contact the Patient Information Centre on 0161 922 5332

### 語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

### Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لنگوئج، انٹرپریٹیشن سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے سترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔



## Further Information

We would recommend the following websites and organisations for information regarding Coronary Heart Disease.

- ♥ The British Heart Foundation [www.bhf.org.uk](http://www.bhf.org.uk)
- ♥ British Hypertension Society [www.hyp.ac.uk/bhs/](http://www.hyp.ac.uk/bhs/)
- ♥ British Cardiac Society [www.bcs.com](http://www.bcs.com)
- ♥ Cardiomyopathy Society [wwwcardiomyopathy.org/](http://wwwcardiomyopathy.org/)
- ♥ American Heart Association [www.americanheart.org/](http://www.americanheart.org/)

There is also a bi-monthly magazine published by the British Heart Foundation that you can subscribe to by contacting the BHF on 0207 486 5820

## References:

- American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) (2007) [www.americanheart.org](http://www.americanheart.org)
- American College of Sports Medicine Guidelines (2006) [www.acsm.org](http://www.acsm.org)
- Association of Chartered Physiotherapists in Cardiac Rehabilitation (ACPICR) peer review (2008) [www.acpicr.org.uk](http://www.acpicr.org.uk)
- British Association of Cardiac Rehabilitation (BACR) Standards and core components (2012) [www.bcs.org.uk](http://www.bcs.org.uk)
- MI: secondary prevention. National Institute for Health and Clinical Excellence. (2007) [www.nice.org](http://www.nice.org)
- (NSF) The National Service Framework for Coronary Heart The Scottish Intercollegiate Guidelines Network (SIGN) guideline 57 [www.sign.ac.uk](http://www.sign.ac.uk)



## The Benefits of Exercise

Exercise has many benefits and can have a positive effect on a number of health problems. Although this booklet is designed to help you improve your heart condition, other health problems such as high blood pressure, stress, anxiety and depression, weight gain / obesity, diabetes (type II), osteoporosis, and abnormal blood cholesterol, and even some cancers can be prevented or managed with regular exercise.

Regular physical activity can improve the blood supply to the heart muscle. This helps reduce the risk of suffering angina, another heart attack or from experiencing irregular heart beats (arrhythmias / palpitations). As the heart muscle becomes fitter, heart rate and blood pressure decrease (as does the risk of developing increased heart rate and blood pressure in the first place). A fitter heart means that it doesn't have to work as hard as before to do the same work.

After half an hour of steady exercise you begin to fall back on your stores of body fat for fuel. Exercise can help you lose weight and will increase the rate at which you burn calories.

Exercise can reduce the amount of bad cholesterol (LDL) in the blood and increase the good cholesterol (HDL). This helps to reduce the amount of fatty deposits laid down in the arteries, reducing the risk of arteries becoming blocked. Regular exercise helps to regulate blood sugar levels helping to prevent/regulate Type II diabetes.

The thinning of bones (osteoporosis) can be prevented and managed with exercise as physical activities require and improve muscle strength and balance, while weight bearing activities such as walking and climbing stairs increase bone density which reduces the risk of osteoporosis. There are even some forms of cancer that are less likely to be contracted by physically active people.

Being under stress (especially long-term stress) releases certain hormones into the blood which increase blood pressure and heart rate which puts extra workload on the heart. Exercise can help burn off these hormones to prevent them making blood pressure and heart rate higher and also helps you cope with stressful situations more easily in turn making you more relaxed and able to sleep better.

Exercise also releases feel good hormones (endorphins) giving a general sense of well being.

If you are already active, you can still benefit from adding more activity. Generally, the more active you are, the more benefits you will get.

***So what are you waiting for ? ...GET ACTIVE!***

### TIPS ON INCREASING ACTIVITY LEVELS

- Walking - its free and you can do it anywhere
- Walk the dog
- Walk with a friend / family / children
- Get off the bus at an earlier stop
- Take the stairs rather than the lift
- Housework does count as long as you do get out of breath but can still talk in a full sentence.
- Gradually make your walks longer
- Increasing your physical activity levels is a process that takes time so do not expect to make improvement every day but view it as a week to week process.



<div style="display: flex; justify-content: space-between; align-items: center;"> <span>♥</span> <span><b>TAMESIDE HEALTH WALKS</b></span> <span>♥</span> </div>			
Hyde 30 min short walk	Monday	10.30am meet up	Grafton House, Grafton street Hyde
Stamford Park 30 min short walk	Saturday	1.30pm meet up	The café Stamford park Ashton
Stalybridge 60-75 min walk	Monday	1pm meet up	Copley Leisure Centre, Stalybridge
Mossley 60-75 min walk	Wednesday	2pm meet up	Roaches Lock pub car park Mossley. Cut off on some walks
Droylsden 30 or 60 min walk	Saturday	11am meet up	Medlock Leisure Centre, Droylsden (ring for details of 30 min walk)
Ashton 90 min walk	Wednesday	11am meet up	Various start points Please contact George cope for details. 90 minute walk, some with cut offs

## Tameside walks for health scheme.

Tameside health walks are a series of short, guided walks aimed at promoting a healthier lifestyle for older people as well as being suitable for people of varying abilities. The weekly walks are between one and three miles long and some of the longer walks have cut offs. The walks can be taken at your own pace and are ideal for people who are not used to taking regular exercise. Each walk will be led by a qualified walk leader.

For further information please contact

**George Cope walks coordinator on**

**Tel: 07855 984586 or 0161 320 0430**

**Email: [gjcope@ntlworld.com](mailto:gjcope@ntlworld.com)**

You will be asked to complete a general health questionnaire prior to beginning a walk and Mr Cope will be happy to guide you to a suitable walk for you.



## Exercise

### MINIMUM RECOMMENDED EXERCISE LEVEL

♥ **30 Minutes**  
(this can be in one go or 3 lots of ten minutes over the day)

♥ **Moderate intensity**  
(breathing more heavily but able to talk in full sentences)

♥ **At least 5 times a week**

Exercise on the cardiac rehab programme is aerobic it will raise your heart rate and make you slightly breathless. This is the best type of exercise to improve the fitness of your heart

### Prior to exercise

- Avoid eating at least 1 hour before exercising and do not drink alcohol before or after exercise.
- Modify your exercise to the temperature - if it is very hot or very cold you need to reduce the intensity/how hard you work.
- Wear suitable clothing that will allow evaporation of sweat and supportive footwear suitable for your chosen activity.
- Do not exercise if you have a short term illness such as a cold, infection or stomach bug. If you have a temperature your heart is working harder due to increased heart rate and oxygen consumption to fight illness.
- Reduce the intensity and duration of exercise when resuming following illness or a break, and gradually return to your previous intensity as you feel able.

## The Borg Scale

We want you to rate your experience of breathlessness or exertion, that is how heavy and strenuous the exercise feel to you.

This depends mainly on the amount of oxygen that your muscles are using during the exercise, but we want you to focus on how your breathing feels.

Start with a verbal expression and then choose a number.

If you feel that it is “very weak” say 7, if it feels easy to continue then it will probably be a moderate sense of increase in your breathing but it will not be hard for you to continue, this will be a 11.

If you are beginning to feel a little breathless but you are able to talk in a full sentence then you may describe the sensation on your breathing as being “somewhat strong” or a 13.

You are welcome to use decimals to find a point between two numbers such as 13.5 for half way between moderate and somewhat strong.

You will find that as you walk your score will vary depending on the weather condition, the pace you are walking at and any gradient that you are walking on.

You should be aiming to walk at a pace that will produce a level of breathlessness of between 12 and 13.

***So you should be able to talk in a full sentence as you walk at all times.***



If you are only able to do five minutes walking then the whole idea is to start slowly with lots of short walks and to slowly build up your endurance then to try to speed up. Do not try to do it the other way round as this does not tend to work well, and it may make you feel very tired.

If you have worked out a short circular route you can start to gradually enlarge it, or if you are walking in a straight line down the road you can go a little further before you turn around to head home.

If you are unsure about how to progress your walking, give your Therapist a ring and they will be more than happy to talk it through with you, and help you plan how you are going to progress your walking.

Remember gradually increasing your walking can be a slow process but if you keep going it will improve.

## **DO NOT EXERCISE IF YOU ARE HAVING ANY OF THE FOLLOWING PROBLEMS:**

- **Angina and needing to use your GTN spray more**
- **Feeling more breathless**
- **Dizziness or palpitations**
- **Nausea**
- **Fatigue, or a**
- **Fever**

- If you have a temperature you must not go out for a walk. Wait a few days until you are back to normal.
- When you return to your walking programme after you have been unwell you will not be able to do the same amount as you could before but do not worry as you will soon be back to where you were before.
- Wear appropriate clothing for walking, such as flat sensible shoes.
- Take someone with you for moral support when you first start your walking programme. but you must make sure that they do not set the pace, you must.
- Once you start to feel more confident about going out for your walks start to go on your own but always take your mobile phone with you and make sure someone knows where you are going and when you may be back.
- Do not go out for your walk for an hour after a meal as blood is diverted away from your heart and essential organs towards your stomach.
- If you have a pedometer keep a diary of how many steps per day you are doing for a week. Once you know your daily average you should aim to increase your daily average by about ten percent. Your goal should be between 8000 and 10,000 steps per day.
- You can do your walking over the day in small manageable chunks of 5 to 10 minutes and gradually increase these.

Remember that walking can be your main exercise and 30 minutes of brisk walking per day is enough to keep most adults fit.



## BORG SCALE OF PERCEIVED EXERTION SCALE

We want you to be able to rate your exertion/breathlessness and we use the Borg scale (see below) in the classes.

### PLEASE USE THIS SCALE TO INDICATE YOUR OVERALL FEELING OF EXERTION

6	NO EXERTION AT ALL	
7½	EXTREMELY LIGHT	
9	VERY LIGHT	
10		
11	LIGHT	
12		
13	SOMEWHAT HARD	
14		
15	HARD (heavy)	
16		
17	VERY HARD	
18		
19	EXTREMELY HARD	
20	MAXIMAL EXERTION	



**Breathlessness** - it is important that you do not become too breathless or feel that your breathing is becoming increasingly laboured. Strong breathlessness challenges those with or without a heart condition and should not be encouraged if you are recovering from an heart attack or heart surgery.

If you cannot breath easily oxygen cannot get from your lungs and to your working muscles quickly enough.

If you feel that your walking speed is compromising your ability to talk in a full sentence then you are walking too fast so you need to slow down a little till you can manage a full sentence.

You should be aiming to walk briskly but not too fast.

## How To Begin A Walking Programme

Start slowly.

- If you are only able to walk a short distance try to do it twice or three times a day, remember each of those walks adds up and aim for 30 minutes in total daily.
- Do not go out for your walk until you have got moving for the day.
- Measure how far you can walk at the beginning. Measure it in time, distance, and how hard or easy you found it to do the walking. Best of all measure all three then it makes it easy to compare as you improve.
- Start off by walking only on the flat if this is possible. We do understand that around Tameside it is very difficult in certain areas. If you live in a very hilly area and it is possible try some of the parks or round a reservoir where it is flatter.
- If you have to walk on gradients try to do them in the middle of your walk and walk up hill more slowly than you would normally walk on the flat then pick the pace up again on the flat.
- Measure how far, how fast every week. Do not expect to make an improvement everyday. Think of this as a week to week project.
- When the weather is very warm or very cold you will not be able to do as much as you can on normal days so adjust your pace accordingly and slow down.
- If it is very warm wear sun cream and appropriate clothing to keep you as cool as possible.
- In very cold and windy weather wear hat gloves and a scarf and it often helps to pull the scarf up round your face.
- Aim to gradually increase the lengths of your walks.

