

Exercise Information

Exercise has many benefits for your health. Here are some tips to help you on your way to activity!

How do I start?

- Consult your physician before starting any new physical activity program

What should I wear?

- Wear breathable, loose-fitting clothing for comfort
- Be properly fitted for shoes, replacing them regularly (every 400-600 miles)



What type of exercise should I do?

- When starting an exercise program, choose an activity that you enjoy to do
- Some good choices may include: walking, water walking, or using a stationary bike

How much should I exercise?

- You can get benefits from just 10 minutes at one time!
- To improve your health, slowly work up to at least 30 minutes of walking a day on five or more days of the week
- For walking, start on flat ground. Hills should only be added once you have been walking regularly and can monitor your exertion well. Reduce your pace on hills, and make sure that you can pass the TALK TEST
- Going slower and longer is more important than going faster

How hard should I exercise? Use the Talk Test

The Talk Test	
Your walking effort is just right if: ✓ you can walk and talk at the same time ✓ you break a light sweat ✓ you feel a little warm ✓ you are breathing deeper than usual but not gasping for air	
You are working too hard if: ✗ You are unable to talk comfortably SLOW DOWN OR STOP!	
You are not working very hard if: ✗ You can sing	



Interior Health

828162 Aug 5-08

More on Side 2



Vascular Improvement Program
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How should I exercise safely?

Always Warm Up:

- 5 to 10 minutes of slow walking prepares your body for more exercise
- This is a very important part of an exercise routine as it increases the blood flow to exercising muscles and reduces injuries

Always Cool Down:

- 5 to 10 minutes of slow walking safely brings your heart rate down to what it was before starting exercise
- Cool down can include 5 minutes of a slower walk and then 5 minutes of stretching

More Safety Tips:

- Exercise at your own pace
- Exercise should always feel comfortable (Use the TALK TEST)
- Use a water bottle! ... It is important to replace the water you lose as you exercise!
If you have been advised to limit your fluids, please account for this in your daily intake
- If you feel ill, do not exercise: REST IS BEST!
- After a **big** meal, wait at least 1 to 2 hours before exercise
- Always take your medications as prescribed
- If you have diabetes, monitor your blood glucose as discussed with your health care professional
- If you have been prescribed nitroglycerin, carry it with you when you exercise
- If you experience new symptoms or a change in symptoms be sure to contact your physician

What's the weather like?

- When it is hot or cold outside, consider exercising indoors at malls, sports arenas or the Indoor Track
- When it is hot, walk slower than usual. If you choose to walk outdoors, do so during the cooler times of day, such as early morning
- When it is cold, dress in layers, and wear a toque. If you choose to walk outside, avoid the ice and consider wearing special ice grips over your shoes

How do I keep going with an exercise plan?

- Exercise with a friend, a partner or a pet
- Listen to music during exercise
- Join an exercise group or walking program
- Have options for exercise so that you can continue with activity through all the seasons of the year
- Log books and pedometers are great ways to keep track of your activity
- Map out your walking route on websites such as:
www.mapmywalk.com

Sample Exercise Plan:

Exercise Options:

Walking, Stationary bike and pool walking

Exercise Plan:

5 days per week for 30 minutes

Spring and Summer:

Walking outside Monday to Friday (5 days)

Fall and Winter:

Walk around the Indoor Track on Monday & Thursday
Walk in pool Wednesday, Stationary Bike on Tuesday and Friday