



Exercising at Home

General Tips

- Exercise 5 to 6 days per week
 - Goal is to exercise 30 to 60 minutes, most days of the week
- Exercise time, not distance is the most important
- Try to maintain the same intensity for the majority of your exercise
- When trying a new activity, try to do 10 to 15 minutes first and gradually increase your duration
- SLOW DOWN OR STOP IF YOU HAVE:
 - Angina symptoms such as chest pain/tightness/pressure/discomfort
 - If not relieved by rest, take 1 nitro. If symptoms not relieved in 5 minutes, take 1 more nitro and call 911
 - If you do not have nitro and symptom persist, call 911 immediately
 - Trouble breathing- you should be able to talk comfortably
 - Dizziness or lightheadedness
 - Irregular Pulse
 - Nausea or vomiting
 - Excessive fatigue or sweating
 - Any sudden pain