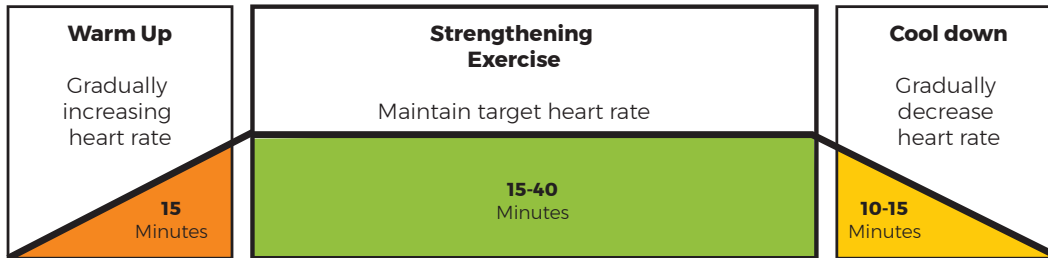


Cardio Physical Activity

Physical activity plays a very important role in your recovery after a heart attack or heart surgery. Physical activity is any bodily movement with a significant increase in energy expenditure. Physical activity can include activities such as swimming, walking your dog, riding a bike, gardening and cleaning.



WARM-UP

Always warm-up with light exercise at the start of the session. Walking, marching on the spot, or low-level cycling are suitable ways of raising your pulse. Do this for the first 5 minutes of the warm up, starting very gently and gradually increasing the intensity. The purpose is to warm-up your muscles in preparation for stretching, and to increase the heart rate gradually.



Upper back stretch- Lock your fingers together with your arms stretched out in front. Lower your head forward to look at the floor. Remember to keep your feet moving. **Hold the stretch for 10-15 seconds.**



Hamstring stretch- With one leg in front of the other, lean forward slightly, placing both hands on the hips. Straighten the front leg and slightly bend the back leg. Keep your head up and continue to lean until a stretch is felt in the back of the forward straight leg. **Hold for 10-15 seconds. Repeat on the other leg.**



Lower back and waist mobility Side bends- Stand with your feet shoulder width apart either with your hands on your hips or down by your side. Slowly lean to one side from your waist, being careful not to move your hips. Come back to the upright position and lean to the other side. **Repeat 5 times.**



Front of thigh stretch- Put your left hand on the wall for support. Lift your right knee up in front and hold either your right ankle, back of your shoe or the back of your trousers by your ankle. Keep the supporting leg slightly bent throughout. Move your knees together by lifting your right foot behind the body. Keep your back straight and push your hip forward until a gentle stretch is felt. **Hold the stretch for 10-15 seconds and then repeat with the left leg.**



Calf stretch- Press your heel of the back leg into the floor until a gentle stretch is felt in the calf muscle in the back of the lower leg. If a stretch is not felt, adjust the position by moving your back foot further back and hips forward. **Hold the stretch for 10-15 seconds on each leg.**