

Why Exercise?

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Health Benefits of Exercise and Physical Activity:

- **Reduce the risk of developing:**
 - Acquired heart disease**
 - High blood pressure and high cholesterol**
 - Cancer / Diabetes**
- **Maintain body weight or body fat**
- **Build and maintain healthy muscles, bones, joints**
- **Reduce depression/ anxiety and improves well-being**

What is Aerobic exercise?

■ Aerobic (air-ō-bik) exercise

“With air”- requires oxygen

- Breathe faster (take in more oxygen)
- Heart beats faster
- Get sweaty

Regular aerobic exercise

- Makes heart more efficient

Main job: delivering oxygen-carrying blood to the body



Benefits of Aerobic Exercise:

- Increased maximal oxygen consumption
- Improved cardio-respiratory function
- Lower heart rate and blood pressure
- Increase HDL Cholesterol (good cholesterol)
- Decreased blood triglycerides
- Reduced body fat and improved weight control

Benefits of Strength Training:

- Improves strength, balance, functional ability
- Potentially improves flexibility (range of motion)
- Reduces body fat and increases muscle mass
- Potentially decreases resting BP
- Positive changes in blood cholesterol

- With all these benefits:
- The question should not be “Why Exercise?”
- But “Why not Exercise?”
- Also the who, what, where, when and how!

Why don't we exercise?

- Too busy
- Too tired
- Told not to exercise as child by
Parent
Physician
- “It uses up heart beats”

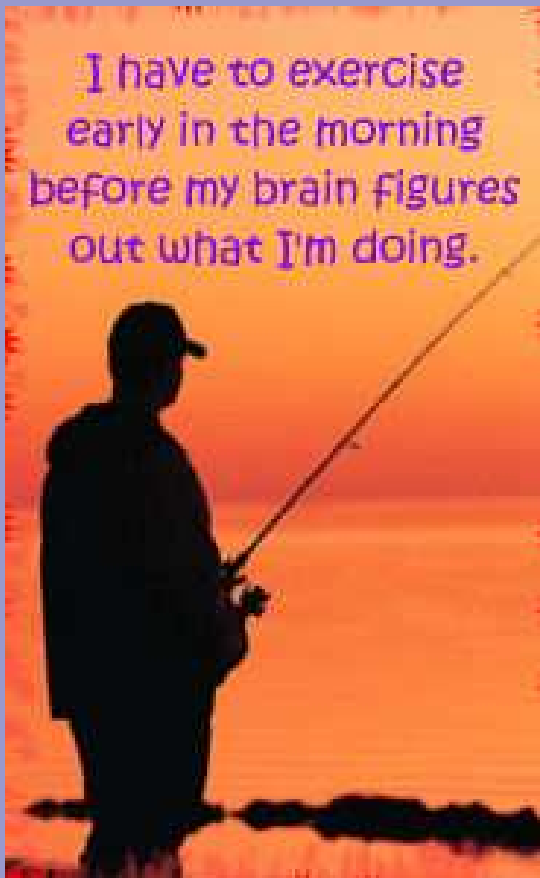
What can I do?

- Walking
- Jogging
- Swimming
- Basketball
- Biking
- Soccer
- Skiing
- Essentially most people can perform activity to their level of comfort
- Competitive athletics not suitable for most individual

What are my limitations?

- Small/moderate defects with good function, good repair and no arrhythmias: no restrictions
- Coumadin / conduit/ pacemaker/ Marfan: Avoid contact sport
- Aortic disease: No isometric exercise
- Moderate / severe defects: No competitive sports

When?



- Anytime
- Get into routine
- Incorporate exercise into daily activities:

Cutting grass

Loading groceries

Taking out trash

Walking briskly

Taking stairs



How?

- Start by talking with your doctor
- Especially important if you haven't been active
- Start out slowly
- Begin with a 10-minute period of light exercise or a brisk walk every day and gradually increase how hard you exercise and for how long

How much exercise do I need?

- A good goal for many people is to exercising for 30 to 60 minutes up to 4 to 6 times a week
- Remember that exercise has so many benefits that any amount is better than none
- Daily exercise can be two or three short walks
- Talk to your doctor about how much exercise is right for you

Staying on track:

- Choose something suitable that you enjoy
- Exercise with a friend
- Vary your routine
- Choose a comfortable time of day
- Don't get discouraged
- Forget "no pain, no gain." Stop if you feel unwell
- Make exercise fun

Making exercise a habit

- Stick to a regular time every day
- Sign a contract committing yourself to exercise
- Put "exercise appointments" on your calendar
- Keep a daily log or diary of your activities
- Think about joining a health club. The cost gives an incentive to exercise regularly

Poor exercise capacity

- Out-of-shape (deconditioned)
- May be due to medication
- Moderate exercise improves exercise capacity



Talk Test



- If you are able to talk during your workout without a great deal of strain, you're most likely in your comfort zone.
- Allows you to breathe comfortably and rhythmically
- Ensures a safe and comfortable level of exercise.

Target Heart Rate

- Goal: challenge your heart without over-taxing it
- 60%-85% maximum heart rate
- Maximum predicted HR = $220 - \text{age}$

Limitations

- Heart function
- Normal pacemaker
- Medication

Recommendations

- Discuss with your physician
- Each person is unique and has specific abilities and limitations
- Consider rehabilitation program after surgery or if starting exercise after prolonged period of inactivity
- Don't be intimidated by the guidelines
- Some exercise is better than none

