



# Exercise Routines for Heart-Failure Patients

Heart-failure patients who exercise most days of the week report fewer symptoms and physical limitations.<sup>1</sup>



Start slow and work up to 35 or 40 minutes most days of the week. Remember to consult your provider before beginning any exercise program.



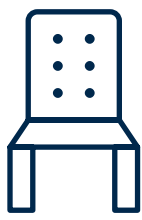
**Walking** is one of the easiest ways to get moving at home, outside or on the treadmill.

WARM UP	MAIN EXERCISE	COOL DOWN
5-10 minutes	15-20 minutes	5-10 minutes
Start at a slow pace. Your heart rate should stay the same.	Build to a moderate walk where your breathing is harder but you can talk comfortably.	Slow your pace again as you cool down.



**Water workouts** are easy on the joints, but clear any pool-based activities with your doctor first.

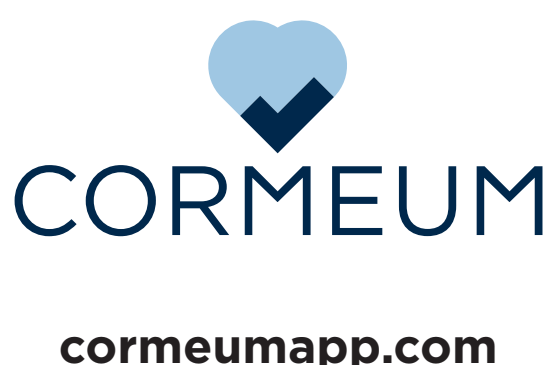
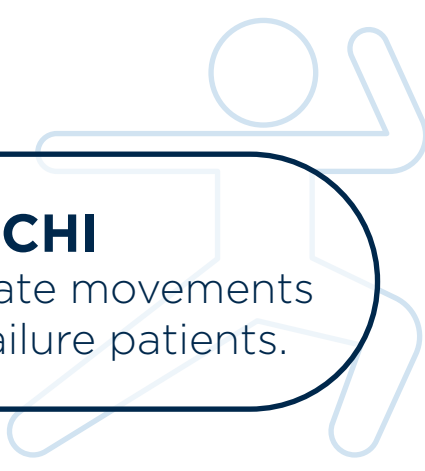
WARM UP	MAIN EXERCISE	COOL DOWN
5-10 minutes	15-20 minutes	5-10 minutes
Begin in waist-high water and slowly march your feet.	While continuing to march, move your arms under the water's surface.	Conclude with slow stepping or side to side movements.



Opt for **seated exercise** on days you don't feel up to a walk.

WARM UP	MAIN EXERCISE	COOL DOWN
5-10 minutes	15-20 minutes	5-10 minutes
March your feet or tap your toes in front of you.	Add arm curls or try standing and sitting for several reps, resting if you get tired.	Tap your toes from side to side as you cool down.

**TRY TAI CHI**  
 Tai Chi's slow, deliberate movements are ideal for heart-failure patients.



<sup>1</sup> <https://www.nih.gov/news-events/nih-research-matters/exercise-benefits-patients-chronic-heart-failure>