



PROACTIVE EXERCISES AND ACTIVITY LOGS

CARDIOVASCULAR

INTRODUCTION

This section introduces you to cardiovascular (aerobic) exercises.

Cardiovascular physical activities increase your heart rate and breathing for an extended period of time. This is important to perform everyday activities such as climbing stairs, grocery shopping, and doing housework without undue fatigue and exhaustion.

You can build up your endurance gradually, starting with as little as 5 minutes of activity at a time. Then eventually build up to 30 minutes of activity on at least 3 days of the week, eventually increasing up to 5 days per week. Examples of cardiovascular activities include walking, raking leaves, sweeping, and dancing.

Short periods of activity that total 30 minutes by the end of the day can provide health benefits.

NORMAL RESPONSES TO EXERCISE

The **Work Effort Scale** describes the target range for how you should feel with exercise and activity. For more detailed description for each level, see the Level of Effort Description.

Work Effort Scale		
6	Rest	How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
7	Very, Very Light	
8		
9	Very Light	
10		
11	Fairly Light	
12		Target range: How you should feel with exercise or activity.
13	Somewhat Hard	
14		
15	Hard	
16		
17	Very Hard	How you felt with the hardest work you have ever done.
18		
19	Very, Very Hard	
20		Don't work this hard!

LEVEL OF EFFORT DESCRIPTION

How hard are you exercising? (Work Effort Scale)	During exercise	Immediately after exercise	Day after
(6-9, Rest- Very Light)	Easy, effortless. Breathing comfortable. Muscles are not tense	No aches or pains. Comfortable.	Rested. Could repeat the exercise.
(10-11, Fairly Light)	Mild effort. Breathing more deeply. Can feel muscles being used.	Recover quickly (2-5 minutes). No aches or pains. Comfortable.	Rested. Could repeat the exercise.
(12-14, Somewhat Hard)	Breathing harder. Slight sweat. Can feel muscles working. Heart beating faster.	Short recovery (4-7 minutes). Comfortable.	Comfortable. No aches or pains. Could exercise again.
(15-16, Hard)	Breathless but not speechless. Sweating. Muscles working hard. Heart beating strongly.	Short recovery (5-10 minutes). Comfortable. Feel that muscles have worked. Alert, invigorated.	Not tired. Feeling of wellbeing.
(17-20, Very-Hard- Very, Very Hard)	Very breathless-speechless. Uncomfortable. Chest tight. Dizzy. Muscles hurt. Nauseous.	Long recovery time (greater than 10 minutes). Muscles still tense. Palpitations. Nauseous. Dizzy.	No energy. Exhausted. Depressed. In pain. Feeling sick.

Ways to increase your walking and/or improve your cardiovascular activity

1. If you go to the grocery store, walk 1 extra lap around the store before or after you have your groceries.
2. If you are at a medical appointment, do a lap up and down the hall before or after your appointment, or while waiting.
3. If you are watching TV, walk up and down the longest hallway in your home during TV commercials. You can also march in place either seated or standing, pumping arms at the side or tap your toes or heels out in front. Add more arm movements such as punching out to the front or raising arms over head.
4. If the weather is fair, walk down to the mailbox multiple times.
5. If you have a stationary bike, you could do this as a substitute for some of your walking time.
6. Take the stairs in your home multiple times.
7. Walk into town or walk around your neighborhood or farm with a friend.
8. Do outside activities such as raking leaves and picking up sticks that increase your breathing for an extended period of time. **Be sure to check with your transplant team if this is appropriate for you to do.**

CARDIOVASCULAR (Aerobic) ACTIVITY

Goal: 3-5 days per week

Name:

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobic Activity/How long did you do it? Indicate your Work Effort							
Total number of steps for the day (if applicable)							