

# 5

## facts about physical activity and cardiovascular disease



### 1

#### Physical activity is beneficial with or without cardiovascular disease

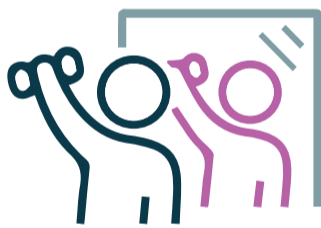


Guidelines for people with cardiovascular disease (CVD) are similar to the general guidelines for adults, including:

- 150–300 minutes of moderate intensity aerobic activity (or 75–150 minutes of vigorous activity or a combination) weekly
- muscle strengthening exercises at least twice weekly
- a multicomponent activity emphasising functional balance and strength three times a week
- avoiding prolonged sedentary periods.

### 3

#### Resistance training assists recovery after cardiac surgery or a cardiac event



Exercise-based cardiac rehabilitation reduces hospitalisations, death and recurrent cardiac events. Resistance training should be included in these programs because it:

- increases muscle strength and endurance, functional capacity and quality of life while decreasing mortality
- reduces multiple risk factors for CVD including diabetes, blood pressure and weight management
- improves cognitive function after surgery.

### 5

#### Brief counselling can increase physical activity levels



Physiotherapists developing exercise programs for people with CVD should:

- consider whether patients have specific barriers to physical activity
- match the physical activity approach to the patient
- tailor coaching sessions to help patients meet physical activity goals
- remember that some physical activity is always better than none.

### 2



#### Older adults with heart disease are more prone to falling

Physiotherapists can reduce the risk of falls in older people with CVD by:

- assessing gait and balance
- prescribing exercise programs targeting strength and balance
- providing assistive devices and addressing falls hazards
- facilitating cardiac rehabilitation.

### 4



#### An active lifestyle has lifelong benefits for children with congenital heart disease

The focus of physiotherapy interventions for children with congenital heart disease should be on:

- strengths-based messaging to clients
- collaboration with physicians
- using technology and activity trackers to monitor real-time exertion, provide external feedback and enhance exercise adherence.

Sponsored by:



Proudly brought to you by:



Physiotherapy  
Research  
Foundation

