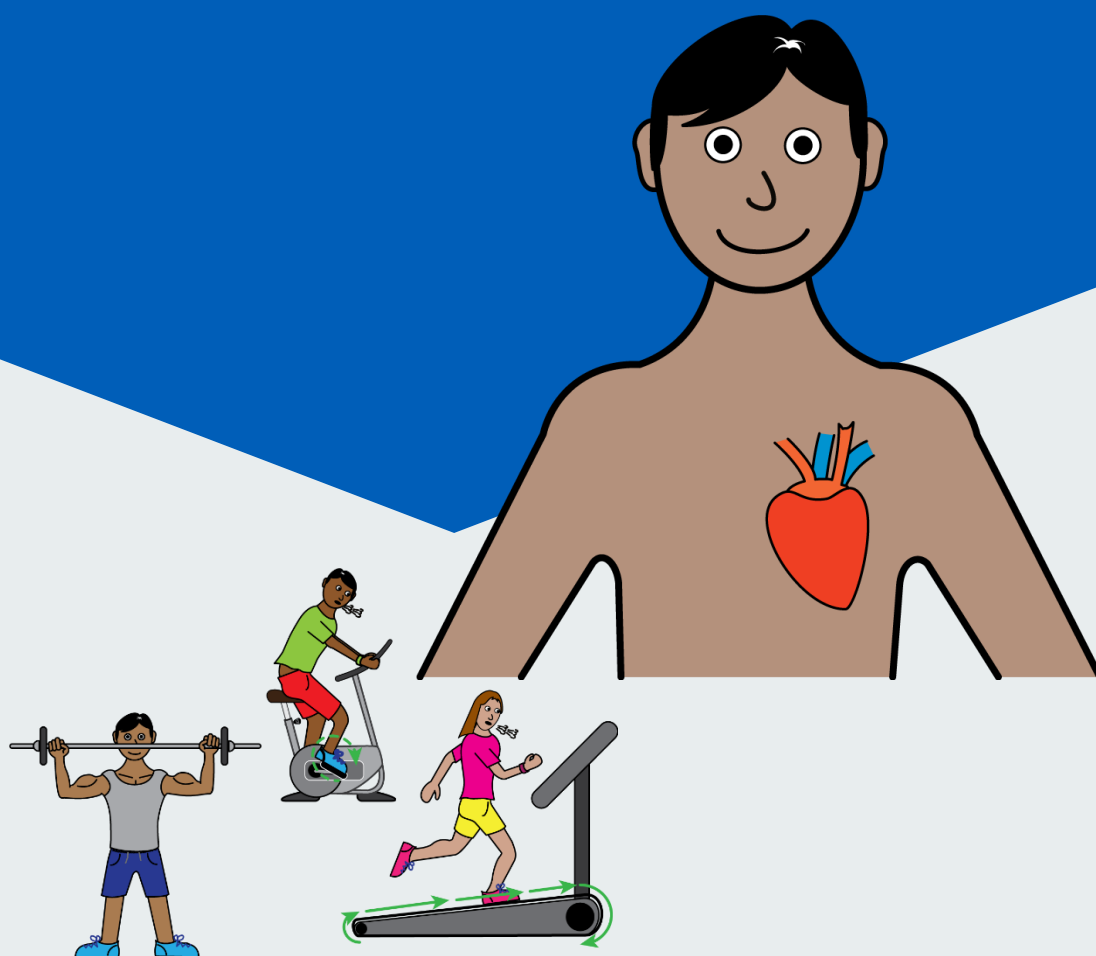
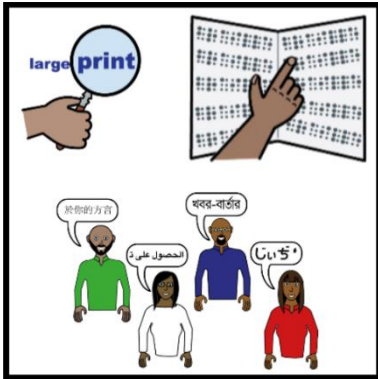


Easy Read

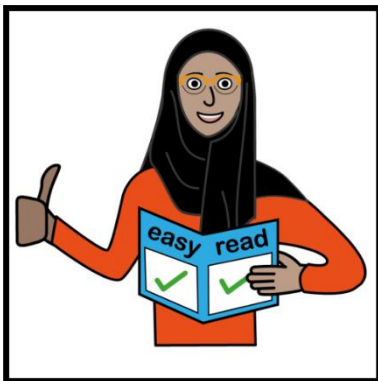
# Exercises for your Heart

Information leaflet



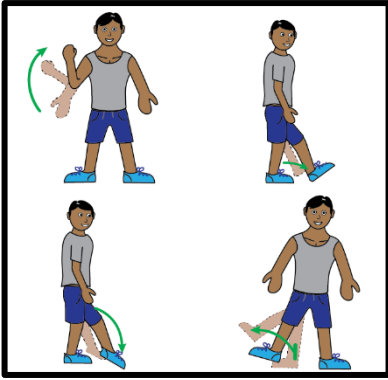


If you require this information in other languages, Braille, large print, or audio format please contact the Cardiac Rehab Team.



This booklet uses easy words and pictures.  
You might want to ask someone to help you read it.

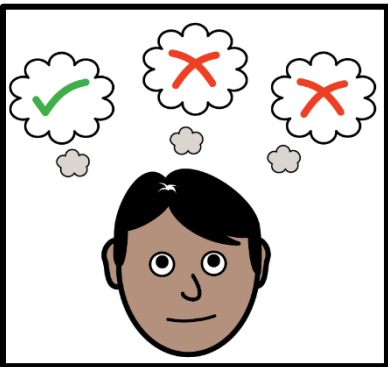
## Exercises for your heart



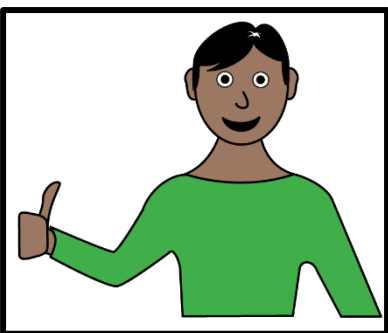
Being active is good for you.



The Cardiac Rehab Team will talk to you about being more active.

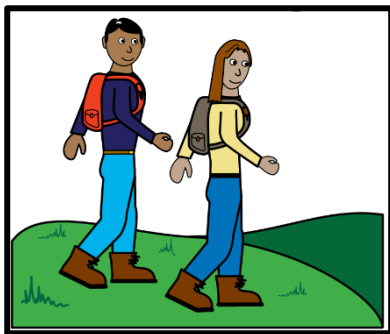


They will help you choose what and how much activity to do.

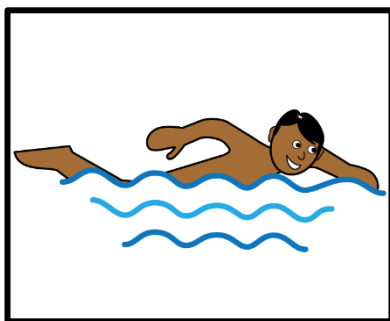


It is good to do simple exercises at home.  
Choose something you enjoy.

## Simple exercises that are good for your heart



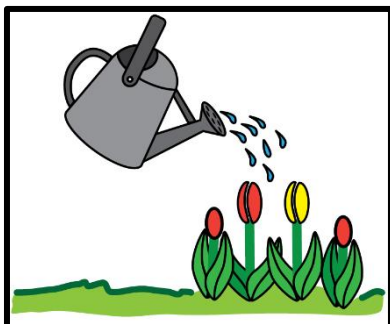
Walking is good for you. It helps you get fitter.



Swimming is good for you. It helps you get stronger and fitter.

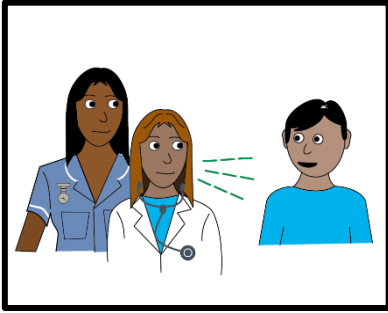


Riding a bike can be fun too. It can also help you get fitter.

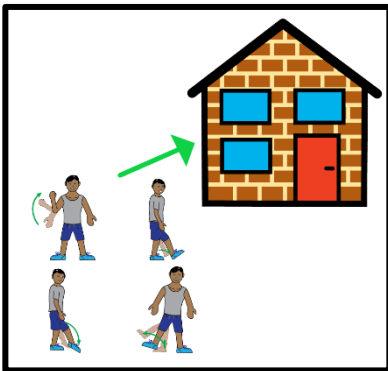


Gardening is a great way to get outdoors, get fitter and improve your mental health.

## Getting started

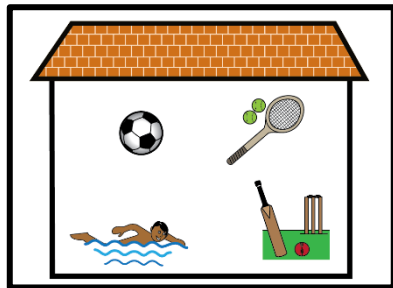


The Cardiac Rehab Team can help you get started. The following options are available:



- **Home exercise**

They can visit you at home to talk about what exercises you can do safely at home.



- **Leisure Centre exercise**

You can meet an exercise instructor to talk about what you can do at leisure centres.



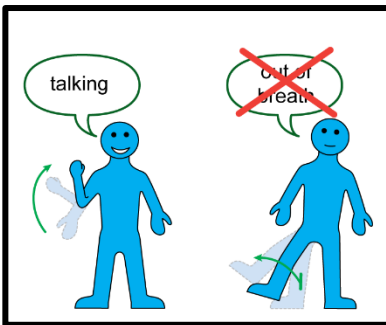
- **App**

There is an app you can download on your mobile phone. The Cardiac Rehab Team can tell you about it.

## The Talking Test



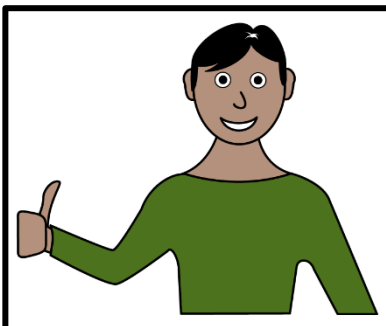
It is important you can talk in full sentences when you are doing exercise.



This is so you don't overdo the exercise and work too hard.



You can even sing or count whilst your exercise.



If you can talk in full sentences when exercising it means you are doing it right.

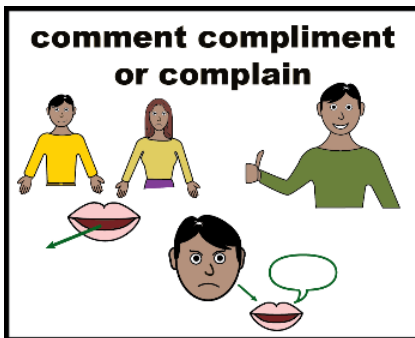


## Service Contact Information

If you need to speak to someone about this leaflet, you can:

**Call** 0113 8434 200

**Email** [longtermconditions@nhs.net](mailto:longtermconditions@nhs.net)



If you want to give feedback to someone outside the service, you can speak to the **Patient Experience Team**.

**Call** 0113 220 8585

**Email** [lch.pet@nhs.net](mailto:lch.pet@nhs.net)



We might ask you a few questions and keep a record of your personal details.

We may share your information with other services. We will ask you before we do this, as per the Data Protection Act 1998.