

# Frequently Asked Questions about the Exercise Program

## Northern Alberta Cardiac Rehabilitation Program

Inspiring Healthy Choices and Lifelong Wellness. You Can and Together We Will.

What are the benefits to attending supervised exercise sessions?

- learn which type of exercise is best for you
- feel comfortable exercising on your own
- learn how to keep up an exercise routine once you're done the program

What happens on the first day?

- We'll monitor your heart with an ECG to see how it's working while you exercise.
- We'll measure your blood pressure before and during exercise.
- If you have diabetes, we'll measure your blood sugar levels before and after exercise.
- We'll teach you how to use your target heart rate and the Borg scale to see how hard you're working during exercise. This will help you know if you're working too hard or not hard enough.

What are the exercise room rules?

- Come into the exercise room at least 5 minutes before your session starts.
- Please wipe down the equipment after you're done using it.
- We're a scent-free environment but please do use deodorant.



What exercises will I do? How will I do them?

- We have different types of equipment for you to use.
- We'll give you a safe level of exercise based on your test results.
- For your safety, each session will start with a warm up and end with a cool down.
- Let your therapist know which exercises you like to do. We can help you become comfortable doing them on your own and make sure they are safe for you.

What do I need to bring with me?

- comfortable clothing
- closed toed shoes (no sandals please)
- water
- nitro spray (if prescribed)
- diabetic supplies (if needed)
- soap, shampoo, and other items you'll need if you plan to shower

We have showers and towels for you to use after you exercise. Lockers are available but you'll need to bring your own lock. Remember to remove the lock and your items when you leave.

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When can I exercise at home?

- Try to exercise on the days that you don't come to the program
- We'll give you an easy to follow home program to help get you started with exercising at home.

How long are appointments and classes?

- Each appointment, class, or exercise session lasts 50 minutes. If you're having a Graded Exercise Assessment, you'll be here for about 2 hours.

Who do I ask if I have questions about my heart condition and medicines?

- You can ask any member of our healthcare team. A Registered Nurse will help you navigate your way through the program. You will have appointments to help you understand your heart condition and the risk factors that may have led to your event.
- If you have questions about your medicines, ask to speak to the pharmacist. The pharmacist also teaches a class (Medication Matters) to help you learn about heart medicines.

Who will help me to know when I can get back to my regular activities and when it's safe to go back to work?

- The Occupational Therapist will help you decide when to get back to your regular activities and when it's safe for you to go back to work. They can answer questions you have about driving, travel, health insurance, changes in memory and concentration, diabetic foot care, leg swelling, or anything else that stops you from going back to your usual activities.

What do I do if I can't make it to a class?

- You don't need to call us if you can't make it to a class. Your red folder will have a list of class dates and times. Choose any date or time when you or your family are able to come.

What do I do if I can't make it to the Graded Exercise Assessment or an appointment with a healthcare team member?

- Try to make the Graded Exercise Assessment appointment. These are harder to reschedule with the doctor. You will need to have a Graded Exercise Assessment before you can begin the exercise program.

Please give 24-hour notice if you can't make it to one of your scheduled appointments.