



National University
Heart Centre
Singapore

Physical Activity and Cardiac Rehabilitation Program

Journey to a Healthy Heart
Educational resources by NUHCS

Outlines

- Know Your Heart
 - ❖ What is Coronary Artery Disease (CAD)?
 - ❖ What is Atherosclerosis?
 - ❖ Treatments for CAD / Heart Attack
 - ❖ Risk Factors for Heart Disease
- Activity Restrictions after a Heart Attack
- Management of Chest Pain
- Heart Medications
- **Physical Activity and Cardiac Rehabilitation Program**
- Heart Healthy Diet
- Stress Management
- Smoking Cessation

Disclaimer

Information from this section has been adapted from the following:

NUHCS Coronary Angiography and Angioplasty: A Patient's Guide

<https://www.nuhcs.com.sg/Heart-Health/About-Heart-Conditions/Documents/Coronary-Angiography-and-Angioplasty-A-Patient-Guide.pdf>

NUHCS Cardiac Rehabilitation Program

https://www.nuhcs.com.sg/Heart-Health/About-Heart-Conditions/Documents/Pages/Coronary-Artery-Disease-Heart-Disease/CardiacRehab_Brochure_English.pdf

Other resources:

https://www.aacvpr.org/Portals/0/Resources/AACVPR_CR_Fact_Sheet.PDF

<https://www.healthhub.sg/live-healthy/826/types-of-physical-activities>



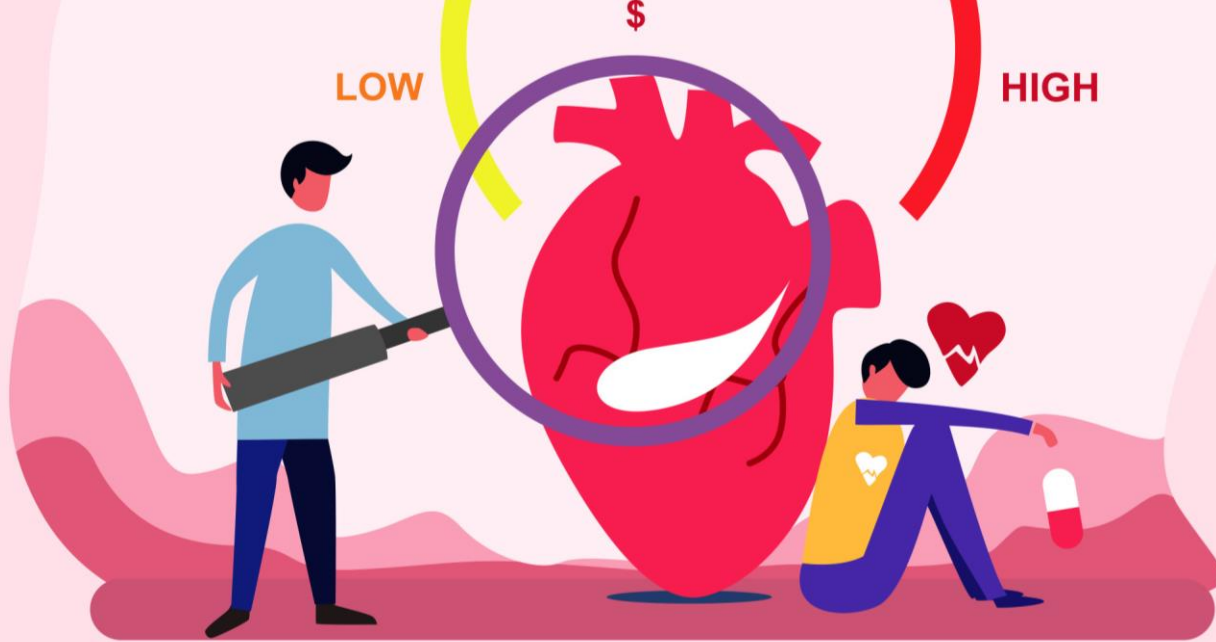
Physical Activity

The background is a solid dark blue color. It features several overlapping, semi-transparent shapes in various shades of blue. These shapes include rounded rectangles, a large triangle pointing to the left, and a diagonal band that crosses the center of the page. The overall effect is a modern, minimalist design.



Physical Activity and Exercise

- Physical inactivity and sedentary behaviours are independent risk factor for the development of coronary artery disease.
- Prolonged sitting can put you at:
 - ❖ 18% higher risk of dying from a heart attack or stroke.
 - ❖ 49% increase in all-cause mortality.
- Be more active!
- Exercise reduces your risk of death and hospitalisation.



Benefits:

Physical activity can also improve all these conditions:

- High blood pressure
- High lipids / cholesterol
- Diabetes
- Weight management
- Smoking
- Depression / stress management

Physical Activity and Exercise



All eligible heart patients are encouraged to have **AT LEAST**

- **30 minutes** of moderate-intensity of aerobic exercise for at least **5 days per week**.

This translates to:

- **150 minutes physical activity per week**.
- Please consult your cardiologist if you would like to participate in any vigorous physical activity after heart events.

Physical Activity and Exercise

Examples of Physical Activity and Exercise

Lifestyle (occupational / home / active transport)



- Doing household chores
- Taking stairs
- Gardening
- Walking to bus stop
- Going for a stroll

Moderate-intensity of exercise



- Brisk walking
- Leisure cycling
- Leisure swimming
- Line-dancing

Vigorous-intensity of exercise



- running
- Jumping
- HIIT
- Playing competitive sport
- Skipping rope

Cardiac Rehabilitation Program

Cardiac Rehabilitation Program

A comprehensive medical and lifestyle modification model that offers:

- **Assessment** of personal risk factors for heart disease
- Creating a **personalised exercise plan** that works for you
- **Education and support** that lead to healthy lifestyle changes, such as
 - ❖ Healthy weight
 - ❖ Healthy eating
 - ❖ Smoking cessation
 - ❖ Stress management
- **Monitoring and better control** of blood pressure, cholesterol and diabetes
- Opportunity to **meet and share stories** with other heart patients





Benefits

- Reduce the risk of another heart attack
- Control symptoms of heart disease
- Improve blood circulation to the heart muscles
- Reduce the physical and emotional effects of heart disease
- Improve stamina and strength, getting you back to your usual activities
- Improve your confidence and well-being

According to studies, cardiac rehabilitation exercise reduces the risk of:

- All-cause mortality by 27%
- Cardiac mortality by 31%





Criteria

You are suitable to join a cardiac rehabilitation program if you have any of the following:

- Heart attack
- Stable angina
- Coronary artery angioplasty
- Cardiac surgery, such as coronary bypass / valve surgery
- Heart failure
- Heart transplantation

Please call NUHCS hotline 6772 2002 or
cardiac rehab nurse for enquiry!



Thank you.

