

## Activity Guidelines for Heart Attack or Angina Patients

### Early After Your Hospital Discharge

We **strongly** suggest you attend a cardiac rehabilitation program (such as a “Healthy Heart Program”). This type of program will help you learn:

- about your heart health and decrease the chance of more heart problems
- safe and heart-healthy activities, and how to return to your work and your hobbies

Ask your nurse, and also talk to your family doctor, about which cardiac rehabilitation program is best for you.

*Until you start your cardiac rehabilitation program*, you should follow these guidelines. Move ahead through the steps at your own pace. Take 2 to 7 days at each step. Whenever you increase your activity or add a new activity, always pay attention to how you feel. If you have any symptoms (unusual tiredness, shortness of breath, chest pain or dizziness), you must stop the activity and go back to the step at which you had no symptoms.

	At home	Walking
Step 1	<p>Get up and get dressed, take care of your own personal needs (warm bath or shower, making simple meals).</p> <p>Keep your activities ‘easy’, and for short amounts of time, with many rest periods.</p> <p>Do not lift, push or pull anything that weighs 10 lbs or more (e.g. vacuuming, laundry, groceries).</p>	<p>Walk around your home, go slowly on stairs.</p>
Step 2	<p>Slowly return to activities around the house that don’t involve a long time standing or using upper arms.</p> <p><b>Having sex</b> –See the information you received in your discharge package.(“Sex and Heart Disease”)</p>	<p>Walk for 5 to 10 minutes at a time once or twice a day (e.g. a morning and an afternoon walk).</p> <p>Stay close to home, avoid hills.</p> <p>These walks should feel ‘light’ or ‘easy’.</p>
Step 3	<p>Do not drive or operate heavy equipment – check with your doctor about driving restrictions before leaving the hospital.</p> <p>You may be a passenger in a car for short trips. Someone will need to be with you the first time you are able to drive.</p>	<p>Over several days make your walks longer. For example, add 5 minutes every day or two.</p> <p>These walks should feel ‘easy’.</p> <p>Continue to walk once or twice a day.</p>
Step 4	<p>Slowly start the rest of your activities again.</p>	<p>When a 15-minute walk feels easy, you can increase your walking speed to a level that feels ‘moderate’ or ‘brisk’.</p> <p>Continue to lengthen your walks until you are walking a total of 30 to 60 minutes, every day.</p>

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patients, families and staff.



The information in this document is intended solely for the person to whom it was given by the health care team.