**Typesof exercises recommended for health patients:**

1. **Cardiovascular exercises** -

What is it - Aerobic exercise also called as cardiovascular exercise, uses large muscles of the body to keep your heart rate to 50% of its maximum level.

what it does -

1. Improves blood circulation

2. Lowers blood pressure

3. Increases overall aerobic fitness

4. Helps patients’ cardiac output while performing trade mill test

How much: For patients start by exercising 10-15 minutes 2-3 times/week and slowly buildup your exercise time to 30 minutes 5 days/week.

Click here to see examples of aerobic exercises.

1. **Strength workout -** is a form of exercise that uses resistance such as by using elastic bands or light weights from 2.5 pounds to 10 pounds

What is it- Resistance workout also called as strength workouts is a form of exercise that uses resistance such as elastic bands or light weights from 2.5 pounds to 10 pounds to burn fat and build stronger muscles?

What it does -

1. Effects body composition

2. Reduces body fat (belly fat which is a risk factor for heart disease)

3. Builds lean muscle mass

4. Reduces the level of LDL (bad) cholesterol

5. May help raise HDL (good) cholesterol levels

warning - Avoid exercises that causes you to hold your breath or holds ou down such as pushups and crunches. Also avoid exercising if you feel dizziness or chest pains.

How much – Patients should start by exercising 10-15 minutes 2-3 times/week and slowly buildup your exercise time to 30 minutes 5 days/week.

Click here to see resistance workout examples.

**Aerobic/ cardiovascular exercises**

1. **Swimming**

Water supports and cushions the body, removing all the possible injuries land-based exercises can cause like joint pains.

Because it is easy on muscles and joints, swimming is often recommended for people with chronic heart conditions.

Benefits –

* Keeps your heart rate up but takes some of the impact stress off your body
* Builds endurance, muscle strength and cardiovascular fitness
* Helps maintain a healthy weight, healthy heart and lungs
* Builds up strength
* Provides an all-over body workout, as nearly all your muscles are used during swimming.

How much-

Swim for about 30 minutes a day to reap the most benefits and lower your blood pressure. Research has shown that moderate exercise 30 minutes a day (or up to 2.5 hours a week) is sufficient to maintain a healthy heart.

1. **Jogging**

Jogging is a form of cardiovascular exercise that affects heart and lungs directly. Jogging can improve the flow of blood in our body by increasing our heart rate, thus strengthening our heart muscles. A [2014 study from the Journal of American College of Cardiology](https://www.sciencedirect.com/science/article/pii/S0735109714027466) found that people who ran just 30 to 59 minutes a week—just a few minutes each day—decreased their risk of cardiovascular death by 58 percent

Benefits –

* Helps to build strong bones
* Improves cardiovascular fitness
* Burnes a lot of calories
* May help reduce LDL (bad) cholesterol
* Reduce blood pressure
* Improves breathing
* Maintain a healthy weight

How much –

At least 30 mins a day for 5 days a week. People with heart diseases should consult their doctor before starting any exercise.

1. **Cycling**

It is already proven that cyclists experience 15% lower heart attacks than non-cyclist. According to a study by the British Medical Association, cycling just 32km (20 miles) a week reduces the potential to develop heart disease by a whopping 50%.

Benefits:

1. Improves cardiovascular fitness resulting in lower risk of heart attacks.
2. Increases muscle strength and flexibility.
3. Strengthens heart muscles
4. Lowers resting pulse
5. Reduces blood fat levels
6. Improves joint mobility.

How much –

British research shows that a half-hour bike ride every day will burn nearly five kilograms of fat over a year.

1. **Jumping rope**

Jumpingrope is excellent cardiovascular training, because it involves whole-body movement. This is the kind of exercise that does not require much space to perform and yet can burn lot of calories.

Jumping rope is such a simple exercise that has no age limit. Athletes tend to use jump rope as a method to improve their endurance and cardiovascular fitness

Benefits –

* Improves heart rate
* Best way to reduce burn fat
* Lowers bloop pressure
* Improves blood circulation

How much-

Jumping rope for 30 minutes a day can burn around 300 calories and jumping rope everyday for a week can burn around 2100 calories in an adult.

Strength exercises

1. **Dumbbell workouts (free weights)**

Using dumbbells as a form of resistance can help us reduce body fat more than cardiovascular exercises which will eventually decrease the risk of heart diseases.

Benefits:

* Lowers LDL (bad) cholesterol levels
* Reduces body fat percentage
* Might help improve HDL (good) cholesterol level

How much –

* Start by working out for 2-3 days a week for 15-20mins and gradually increase the length of the workout

Heart patients should start strength workouts by using lighter dumbbells preferably below 5 pounds.

Do not lift weights if you have angina or have just suffered from heart failure. Always consult the doctor and a professional trainer before carrying out any strength workouts.

1. **Resistance band workout**

One of the benefits of resistance band over free weights is mobility and variety of exercises that can be performed.

Benefits –

* Adapts easily for multiple fitness levels.
* Exercises entire body.
* Cost effective way of loosing fat and toning muscles.

If you have a heart condition or [high blood pressure](https://www.bhf.org.uk/informationsupport/risk-factors/high-blood-pressure) it’s important to check with your doctor or cardiac rehabilitation team what sort of activities you can safely do and how much you should do.