

Exercise-3

AVOID INJURIES:

1 Build your exercise program for a period of several weeks to months. By starting your program on a very low level of exercise and gradually building your activity, you will greatly enable yourself to avoid significant injuries to your muscles and joints.

2. If you pay attention to the signals coming from your joints, muscles and limbs, you will be able to avoid any further serious problems. The symptoms that you experience may be a sign for you to slow down or eliminate a particular type of activity. Some of the symptoms may be suggestive of more significant problems such as a strained muscle or torn ligaments.

3. If you experience chest pain or severe shortness of breath or neck pain, these may represent heart problems, and hence you need to be concerned about these symptoms and avoid pushing yourself beyond your symptoms.

4. When you are exercising outdoors, pay attention to the weather. Dress appropriately for the weather and the season. Avoid

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exercising immediately following your meals. If you exercise vigorously, wait for about twenty minutes before you eat. Try using protective gear such as goggles and special shoes. Hard cement surfaces are more likely to cause injuries compared to a level grass field or a dirt path. Try to land on your heels, rather than on the ball of your feet when you run or jog. This minimizes the strain on your feet and lower legs. Please remember all the traffic signs posted on the roads apply equally to joggers. When you are riding a bicycle, you need to pay special attention to the other bicycle riders and also watch your head as you go through those bushes. Ride in the direction of the traffic, and try to avoid busy streets.

A TYPICAL EXERCISE SESSION

Begin with a warm-up session that should last for at least five minutes. You can start with stretching exercises involving your upper limbs and also lower limbs. You can also perform exercises to stretch your back and abdominal muscles. The neck muscles can also be stretched. If you are planning on jogging, you can start walking and then switch to brisk walking before you start your regular pace. The stretching period enables the muscles to stretch and thus prevent any undue strain on the muscles or the ligaments. The stretching also warms up your muscles so that they will be much better prepared when you engage them in a brisk, sustained activity for the next 15 to 30 minutes.

The exercise part of the program should include a sustained brisk activity involving jogging, running, walking or bicycling. When you are exercising, make sure your heart rate stays in the target zone of 60 to 85% for at least 15 to 30 minutes duration. After exercise, you enter a cool down period. During this phase, you gradually decrease your level of activity, but continue to walk. This can allow your body to relax gradually. Abrupt stopping can cause dizziness and weakness. If you have been running, walking briskly or jumping rope, repeat your stretching exercises to loosen up your muscles.

Your heart rate typically reaches a maximum for your age, and it will not beat any faster no matter how much harder you exercise.

Let's consider three forty years old men. Now he can see that he should walk, jog, or run at whatever speed gives him the correct heart rate.

The average man has 20 percent more muscle than the average woman and 30 percent less fat.

Introduction

When you start a new exercise you may have to stop several times to check your pulse until you know exactly how hard to do the exercise to get the correct rate.

Many people find that after several weeks of the same exercise, their hearts don't reach the training zone. This simply means that in most cases you should run faster, pedal with more resistance, or jump higher. If this doesn't appeal to you, simply switching to a different exercise will often get your heart into its training zone.

If you are terribly out of shape, you may not even be able to walk briskly for the required period without getting out of breath. You decrease the intensity of your exercise, not the time spent doing it. I don't care if you have to crawl.

You're not trying to burn much fat or build a lot of muscle.

But once in a while someone drops dead of a heart attack while jogging-and he was jogging so he wouldn't have a heart attack!

People do have heart attacks while exercising, particularly if they exceed the comfortable pace I've been urging you to use.

THE KEY TO YOUR SUCCESSFUL EXERCISE PROGRAM

The key to a successful exercise program begins with you and yourself. You are the one who has to make this important decision in your life.

The person who is going to get the most benefit from the exercise program is you. In this chapter, we have described the type of exercise, the duration of exercise, the location, and the equipment necessary to help you with your exercise program. Some people prefer to exercise in the early morning hours, while others may find it most suitable during the late evening hours. I have also seen some people using their lunch breaks for exercise activities. How much time you are willing to spend on your exercise depends upon your goals. If you want to stay in shape, you need at least 30 minutes of exercise, three to four times a week. If you are planning on losing weight, you may want to exercise more frequently and for longer durations. It doesn't mean that you have to work harder or push yourself beyond the 85% maximum heart rate for your age.

You begin your exercise with the least amount of stress, and then gradually build up as your strength and stamina improve. One

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of the most important things I would like to emphasize is the fact that your commitment to your exercise program should be a lifetime. If you recognize some of these benefits we have been talking about, and follow these simple techniques, and enroll yourself in a regular exercise program, I can simply close by wishing you the joy of healthy living.

ACTIVE LIFE STYLE

Your exercise program doesn't have to be restricted to 30 minutes, three times a week. Throughout the day, you can perform certain activities that can greatly enhance your muscle strength and also help you to expend calories. You can use stairs instead of using the elevators, when you are going up or down a couple of flights. You may try to park your car away from the shopping mall, so that you can get the extra walking. Try replacing your coffee breaks with simple exercise breaks. Instead of watching television or listening to music at home, you can use a walkman and complete a 30-minute walk while still listening to your favorite music or audio program. If you want to go shopping in a neighborhood grocery store, which is located less than a mile away, you might consider using your bike instead of riding in your car. You can also practice deep abdominal muscle exercises whenever you have a couple of minutes of free time. Similarly, you can practice lifting your heels up whenever time permits, and that will strengthen your calf muscles. Some of these exercises can be performed even while riding in an elevator.

Wife, "honey how come you get up get your own coke can these days."

Husband, "Well! my doctor says I need some exercise."

Once I told the husband of my patient, "She needs some exercise."

A few weeks later the husband phoned me, "Doc! ever since you advised my wife to exercise, she has stated jumping to conclusions and running up bills."

A patient of my mine had a heart attack. I said, "You need to enroll in an aerobic exercise program." After six months he came back and said, "Doc, now, I can touch my knees without bending the floor."

I advised a patient of mine to get involved in an aerobic exercise program. Three months later he came back and said, "Doc I have all the aerobic tapes. Next month I plan to get me a VCR."