

## **Appendix 6 (as supplied by the authors): Exercise for people with heart disease and/or heart failure (based on Fletcher et al)<sup>1</sup>**

**Rationale for exercise:** Aims to impact on heart and coronary vasculature, autonomic tone, coagulation and clotting factors, inflammatory markers, collateral coronary development, modulation in coronary risk factors

**Provider:** Tertiary trained exercise specialist/physiologist, physiotherapist, or other allied health professional or nurse with advanced training in exercise testing and training

**Mode:** Variable, can include: group and/or individual exercise; and may be delivered face-to-face, or via telephone or written means

**Where:** Can be delivered in various settings including: hospital, general practice/family medicine, non-medical community facility, and/or home

**Materials needed:** Variable, can include: information materials (such as written materials - see for example [www.theheartmanual.com](http://www.theheartmanual.com), telephone scripts, exercise plans and diaries) and both structured and home-based facilities (exercise equipment from machines to handheld resistance)

**Procedure:** A combination of direct supervised facility-based or unsupervised home ambulatory, cycle/rowing/cranking devices for continuous or intermittent aerobic exercise.

Supplemented with or without resistance exercise generally under direct supervision using handheld, machine or free body weight.

**Number of exercise sessions:** 1-36 (this varies by country; most recommend 4-12 sessions)

**Schedule details:** 4-5 days/week continuous or interval training; short twice daily sessions for functionally debilitated

**Duration and intensity of each session:** 30-90 minutes at low-moderate intensity. Selectively moderate to vigorous intensity

**Indications to cease:** cease acute activity if difficulty breathing, increasing chest/neck/jaw/arm/wrist discomfort (or angina equivalent), fast or thumping heart rate, feeling tired or unwell, dizziness, light-headedness, or physical inability to continue. Curtail exercise if unwell, change in symptoms or new comorbidities; requires abstinence from exercise until review/clearance from medical practitioner.

### **Reference**

1. Fletcher GF, Ades PA, Kligfield P, et al. Exercise standards for testing and training: a scientific statement from the American Heart Association. *Circulation* 2013;128:873-934.