



Kent Community Health
NHS Foundation Trust



**ONE
YOU**

KENT

Community
Cardiac Rehab

**LET'S GET
MOVING!**

Moving more is good for your body and mind. It can help you feel stronger and more able to cope with daily activities.

HOW MUCH EXERCISE SHOULD YOU REALLY DO?

Do you need to do 30 minutes a day to get the health benefits, or can you get away with just 10? Let's clear up the confusion by looking at what's recommended by the government's medical experts.

DO SOMETHING ACTIVE EVERY DAY

Something is better than nothing.



10 MINUTES IS A GOOD START

You get health benefits from doing 10 minutes at a time. Start small and build up gradually.



HOW MUCH TO AIM FOR?

150 MINUTES MODERATE OR 75 MINUTES VIGOROUS

The more the better, but even small amounts of exercise bring benefits so build up gradually over time. How much you should aim for depends on the type of exercise you do.

The guidelines apply to all adults (including those with disabilities). There are separate guidelines for children and young people. The NHS has more information about how much exercise you should do at different ages.

MODERATE INTENSITY ACTIVITY, LIKE BRISK WALKING OR CYCLING

- you get warmer
- you breathe harder
- your heart beats faster
- you can probably still have a conversation

Brisk walking, cycling on flat ground and swimming are examples of moderate intensity exercise.



Aim to do at least
150 MINUTES
(or 2½ hours) in a week



Do it in chunks of
10 MINUTES OR MORE
at a time

For example
30 MINUTES A DAY, 5 DAYS A WEEK

VIGOROUS INTENSITY EXERCISE, LIKE JOGGING AND SPORTS

- you get warmer
- you breathe much harder
- your heart beats rapidly
- it's difficult to talk

Jogging, running and team sports, like football, are good examples of vigorous intensity exercise.



Aim to do at least
75 MINUTES
in a week



Do it in chunks of
10 MINUTES OR MORE
at a time

For example
RUN FOR 25 MINUTES, 3 TIMES A WEEK

WHY DO MORE THAN 10 MINUTES?

If you get benefits from just 10 minutes of exercise, then why is it important to do more? The answer is that more exercise can improve your mood and makes it more likely that you'll reduce your risk of developing things like:

- type 2 diabetes
- heart disease
- joint and back pain
- some cancers

Sources: UK Chief Medical Officers guidelines https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216370/dh_128210.pdf
Physical activity infographic https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/541233/Physical_activity_infographic.pdf

BREAK UP TIME SPENT SITTING



EVERY DAY

Take breaks from sitting in front of the computer and TV.
Walk part of the way when you'd usually take the car or bus.



BUILD STRENGTH & IMPROVE BALANCE

2 DAYS A WEEK

Do strengthening activities like resistance training, yoga, aerobics or circuit training to keep your muscles, bones and joints strong.
Work on balance by adding aerobics, circuit training, ball or racquet sports.



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Where to start?

You may want to change your lifestyle, increase your activity levels, have had a cardiac event or been told you are at high risk for a heart attack or stroke and want to take steps to reduce your risk, but not sure where to start.

You can be confident that just by putting one foot in front of the other, you're on your way to being a healthier YOU. You just need a pair of comfy and supportive shoes. Even a brisk 10-minute walk will get your blood pumping and improve your mood. You can do it anytime and anywhere. Make it fun – invite your friends along, listen to music or borrow a dog. As you feel stronger, you can step things up by walking further, up hills or try walking faster between set points. When you feel ready, go for it! Build up to 30 minutes – the more walking you do, the better you'll feel.



Local OneYou Wellbeing Walks are great for anyone recovering from illness or who need a bit of extra motivation. They are led by friendly volunteers all over Kent, are **FUN AND FREE**, and there's no need to book.

Find a list of apps and more information on Health Walks and other One You services at the back of this booklet including the Active 10 app to help you track your walking.

There are loads of ways to get active. Take the stairs, do some gardening or wash the car. Get up and dance or try stepping on-the-spot during advert breaks. We have some activities in the booklet that you can use to build your own workout at home,

so give it a go!

Get active at home

Speak to your advisor or Cardiac Rehab Team for guidance about the level of activity you might like to start at. As you feel stronger, you'll be able to up your activity to really get your body working.

Safety briefing

- Aim to increase your heart rate, so you are breathing deeper but still able to have a conversation.
- Keep breathing throughout, do not hold your breath at any point.
- Keep a drink nearby and stay hydrated.
- Activities with a heartbeat symbol should be considered with caution for patients with cardiac concerns and discussed with your Cardiac Rehab Team before starting.
- If you have any pain or discomfort then stop.
- Remember to always do a warm-up and cool-down to protect yourself from injury.
- Wear breathable clothing and footwear you feel comfortable in.
- Always listen to your body and only carry on if you feel well enough.



Activity building

The exercises in this booklet have been grouped into categories that describe the area of the body they work on, for example ones that help you improve your balance, upper body, legs, cardiovascular and core strength.

Start by selecting 10 of these exercises with your healthcare professional to create your own unique circuit at the level that suits you. Build up to doing each exercise for one minute. You can repeat your selection again – with up to three circuits or 30 minutes of exercise when you feel able to.

There is also a set of exercises you can do sitting down.

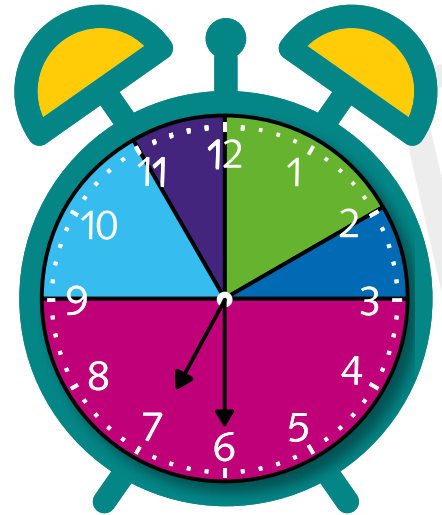


Legs			
Exercise	Bronze	Silver	Gold
Side laying leg raise	Lie on your side with feet together. Slowly lift and lower the top leg. Lie on the other side and repeat.		
Mule kicks	Go down on all fours in a table top position. Kick one leg back staying bent at the knee and bring the heel up into the air. Keep your tummy muscles tight and back flat.		
Bridge		Lie flat on your back with your knees bent and feet flat on the floor. Push the hips up off the floor and squeeze the bottom, tummy and even your pelvic floor at the top. Slowly lower back down.	Go for Gold

Each exercise has a bronze, silver and gold level for those starting out to those progressing onto more intense exercise.

Activity building

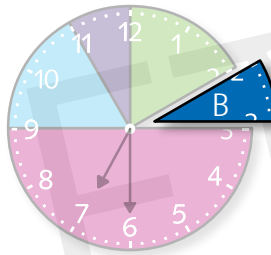
Your whole workout will take up to an hour depending on how many circuits you complete.



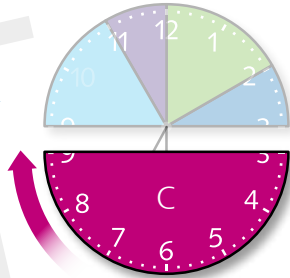
10-minute
warm-up



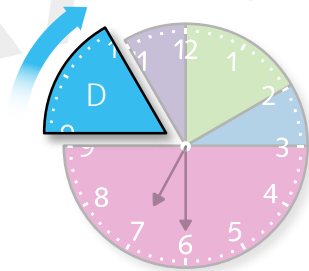
5-minute
stretching



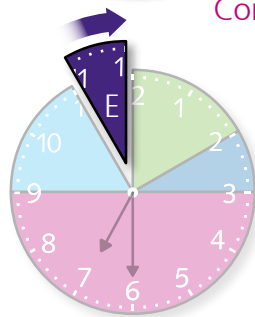
Up to 30 minutes of
circuits (up to 3 sets
of 10-minute circuits)



Core activity x 3



10-minute
cool down



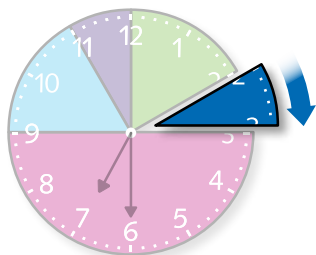
5-minutes of
slow walk and
repeat stretches

Warm up



Roll your shoulders, bend down sideways, twist your torso, tap your feet to the sides and the back, dig your heels to the front, move your arms and legs together and march on-the-spot.

Stretches



Use a solid surface like a table to support you if you are worried about falling. If you feel any pain or are unable to do the stretch for any reason just move on to the next one in the list. Hold each stretch below for 10 seconds during the warm up and 30 seconds during the cool-down.

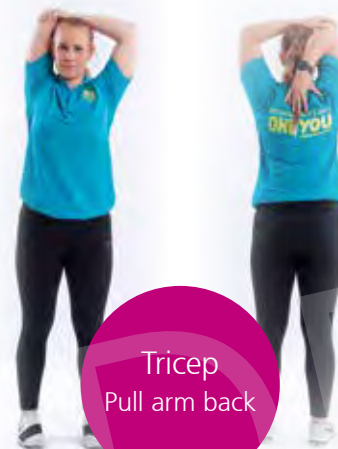
Once you are warmed-up and have stretched your muscles you are ready to move onto your exercises.

Hold on to a solid surface if you are worried about your balance during these exercises

Quads
Pull foot towards bottom



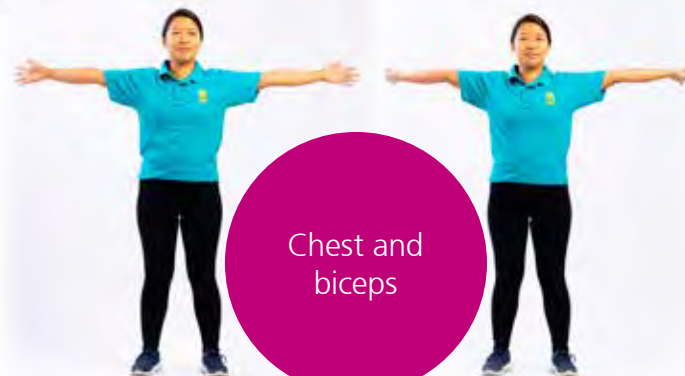
Tricep
Pull arm back



Back
Stretch across the shoulders



Chest and biceps



Hamstring
Weight on bent leg



Glute









Your exercises

Improving balance				
	Knee raise Page 21	Heel toe Page 21	Tandem walking Page 21	
				
Calf raises Page 21	Standing leg swing Page 21		Calf stretch stance Page 22	

			
Standing reach Page 22	Standing leg curls Page 22		
			
Wall press up Page 23	Kneeling press Page 23	Full press up Page 23	Seated row with resistance band Page 24

Your exercises

										
Bicep curls Page 24				Shoulder press Page 24		Rear delt flies Page 24				
Legs										
	Side laying leg raise Page 25		Mule kicks Page 25			Bridge Page 25				

										
Squat/sit to stand Page 25				Sumo squats Page 26		Lunges Page 26				
						Cardiovascular				
Side lunge Page 26			Curtsy lunge Page 27				High knee run Page 27			





Your exercises

		
Star jumps Page 27	Side stepping Page 27	Skipping/stair run Page 28
		
Skaters Page 28	Ladder runs Page 28	Standing mountain climbers Page 28

			
Power squats Page 28	Band extensions Page 29	Knee lifts Page 29	Upright rows Page 29
			
Heel digs with bicep curls Page 29	Abductor Page 29	Arm raise to side Page 29	Leg extensions Page 29

Your exercises

									
Toe taps with arms pressing forward Page 30			Triceps extensions Page 30			Heel digs with arm raises to front Page 30			
Core muscles									
	Wood chops Page 30			Plank Page 31			Russian twists Page 31		

					
Inchworms Page 31				Superman Page 32	
					
Table top Page 32				Basic Crunch Page 32	

Activity level

Discuss with your advisor which level you might want to start at.



Bronze
Beginner





Silver
Intermediate

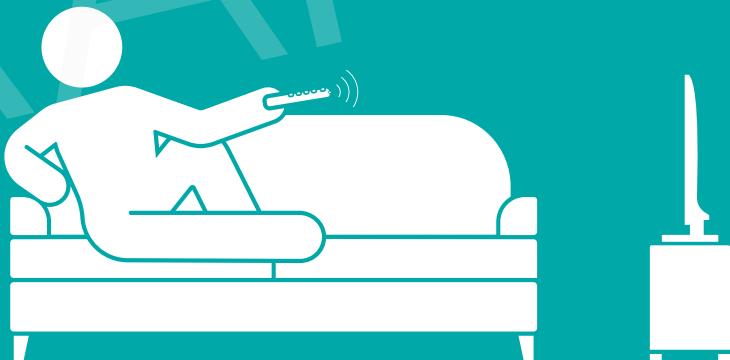






Gold
Advanced

Improve balance

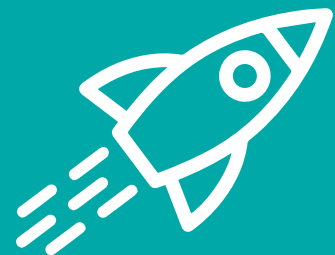
Exercise	Bronze 	Silver 	Gold 
Knee raise	Lift your knee up to hip height. Pull your tummy muscles towards your spine. Do this at a controlled pace. Swap to other side.		
Heel toe	Stand on one leg. Tap the heel and then the toe of the other foot on the floor several times in a heel/toe heel/toe sequence. Spend 30 seconds on each side.		
Tandem walking	Walk as if you are balancing on a tight rope.		
Calf raises	Stand tall. Go up on to your tip toes, slowly lower and repeat.		
Standing leg swing	Stand on one leg. Swing the other leg forwards and back. Pull your tummy muscles towards your spine. Do 30 seconds on each leg.		

The only **bad** workout is the one that didn't happen.






Exercise	Bronze 	Silver 	Gold 
Calf stretch stance	Stand shoulder width apart. Take a big step forward and then push the back heel into the ground Put most of your weight through the front leg. Do 30 seconds on each leg.		
Standing reach	Stand slightly wider than shoulder width apart. Lean to one side reaching arms over your head. Bring arms back to sides. Alternate sides, moving your weight from side-to-side.		
Standing leg curls	Stand slightly wider than shoulder width apart. Bring your heel up to your bottom. Swap onto other side after 30 seconds.		

If it doesn't **challenge** you,
it doesn't **change** you.








Upper body

Exercise	Bronze 	Silver 	Gold 
Tricep extension / dip	Sit on the edge of a chair or a step. Place your hands either side of your bottom with finger tips facing forward, bend elbows behind you. Push off the chair straightening your arms and then lower back onto the chair	Put band on right leg, left hand at knee and right hand at hip. Straighten right arm back. Reverse sides and repeat.	Sit on the edge of a chair or a step. Place your hands either side of your bottom with finger tips facing forward, bend elbows behind you. Push off the chair and lower your bottom towards the floor. Then push yourself back up
Wall press up / kneeling press / full press up	Place your hands on a wall. Your hands should be slightly wider apart than your shoulders. Slowly lower your chest to the wall and then push back up to an upright position. Keep your back straight as you lower yourself towards the wall	Go down on your hands and knees. Put your hands slightly wider than your shoulders. Lower your chest to the floor and then push back up to your starting position. Keep your back straight, and head and shoulders in line as you go up and down. Start on the knees and build up to doing a few on the toes.	Repeat, but take knees off the floor





Small changes can make a **big** difference







Exercise	Bronze	Silver	Gold
Seated row with resistance band	Sit on the floor with your legs straight out in front of you. Put the resistance band under your feet and hold the ends in your hands. Keep your upper body nice and straight and pull the band tight. Squeeze your shoulder blades together. Slowly release and repeat.	Use higher resistance band to make this harder	
Bicep curls	Bend at the elbow and bring your arms up towards your shoulders.	Hold a small weight or stand on a resistance band	Increase the weight or resistance of the band
Shoulder press	<div> <p>Good things come to those who sweat.</p>  </div>		
Rear delt flies			<p>Stand on a resistance band with one foot. Put your elbows in line with your shoulders and bent at 90 degrees Push the band up above the head and lower back down. Use a continuous fluid motion. You can also do this with a weight in each hand rather than a band.</p> <p>Hold a weight in each hand. Stand up and tilt forwards from the hips Keep a slight bend in the knees with the back straight and chest up. Raise the hands out to the sides at shoulder height and slowly lower back down.</p>

Legs			
Exercise	Bronze	Silver	Gold
Side laying leg raise	Lie on your side with feet together. Slowly lift and lower the top leg. Lie on the other side and repeat.		
Mule kicks	Go down on all fours in a table top position. Kick one leg back staying bent at the knee and bring the heel up into the air. Keep your tummy muscles tight and back flat.		
Bridge			
Squat/sit to stand	Stand with your back straight and chest up and feet hip width apart. Bend at the knees as if you are going to sit down. Put your weight through the heels and knees behind the toes to a half sitting position. <small>*use a chair for support if needed</small>	Lie flat on your back with your knees bent and feet flat on the floor. Push the hips up off the floor and squeeze the bottom, tummy and even your pelvic floor at the top. Slowly lower back down.	<p>As the bronze level, but squat to a full sitting position</p> <p>You can hold weights to make this harder.</p>




Because there is only **ONE YOU**

Exercise	Bronze	Silver	Gold
Sumo squats		Stand with your back straight and chest up with your feet wider than hip width apart. Put your toes out at an angle. Bend at the knees as if you are going to sit down. Put your weight through the heels and knees behind the toes. You can hold weights to make this harder or use a chair for support.	<p>Take care of your body. It's the only place you have to live in.</p> 
Lunges		Take a step forward and bend both knees at a right angle. One knee will point towards the floor and one knee out in front. Keep the front knee behind the toe and chest up so your back stays straight. You can hold weights to make this harder.	
Side lunge		Stand with feet hip width apart with your chest up and tummy in tight. Take a big step to the side and bend the knee while you push your bottom back so the knee stays behind the toe of the bent leg. Put all your weight on the bent leg, then push back up to standing. Repeat on the other side.	

Exercise	Bronze	Silver	Gold
Curtsy lunge		Similar to a normal lunge but looks like a curtsy to the queen. Take one foot back and cross behind the line of the front leg. Keep the tummy in and your chest up so the back is straight. You can hold weights to make this harder.	
Cardiovascular exercises to work your heart and lungs			
Exercise	Bronze	Silver	Gold
High knee run	Put hands in front your legs with palms facing you. Lift knees to touch palms.	Put hands at hip height with palms facing down. March on-the-spot bring knees up to touch palms.	Run on the spot bringing your knees up to hip height Keep your tummy pulled in towards your spine.
Star jumps	Start with a half star where you keep your arms down by your side and tap one leg out at a time.	Raise both arms to shoulder height and tap one leg out at a time.	Jump up open your feet out while raising your arms to shoulder height at the same time. Close again and lower arms.
Side stepping	Step side to side on-the-spot	Side step across the room opening and closing the legs.	To make it harder touch the floor at the end of each side step row.


Exercise	Bronze 	Silver 	Gold 
Skipping/stair run	Walk up and down the bottom step	Do a pretend skip where you make the movement of skipping without using a rope	Jog up and down the bottom step at a fast pace.
Skaters <small>*must be demonstrated</small>		Stand up tall and jump to the side. Land softly on the outside leg and then push your weight through that leg and jump to the other side. Swing your arms as if you are skating.	To make this harder, try to jump further or swing your arms more.
Power squats	Stand with your back straight and chest up and feet hip width apart. Bend at the knees as if you are going to sit down. Put your weight through the heels and knees behind the toes to a half sitting position.	Start sitting on a chair. Rise to stand up and repeat.	Similar to star jump but with a squat. Jump feet apart and squat down then jump back up and in to the starting position. You can either hold hands at the chest or raise them up to your sides at shoulder height.
Ladder runs	Move feet slowly in/out as if you are stepping in and out of a ladder on-the-spot.	Move feet faster	
Standing mountain climbers	March on-the-spot	Stand tall and reach one arm up in the air and lift the opposite knee at the same time, switch sides. Start with your knees low	Raise your knees higher to make the exercise harder

Seated exercise circuits


Exercise	Bronze 	Silver 	Gold 
Band extensions	Hold band with hands on lap. Keep elbows into sides. Pull hands apart.		
Knee lifts	Lift knees up one at a time		
Upright rows	Put centre of band under both feet and hold ends of band at knees. Pull up leading with elbows		
Heel digs with bicep curls	Tap heels forwards one at a time while bending both arms to lift wrists to shoulders		
Abductor	Hold band tightly around thighs. Move thighs apart		
Arm raise to side	Start with arms at side and raise them straight out to the side. Tap feet to side at same time.		
Leg extensions	Put band around one foot holding both ends. Straighten leg. Repeat set on other side.		



It's never too late to start and **ONE YOU Kent** is here for you.



Exercise	Bronze	Silver	Gold
Toe taps with arms pressing forward	Alternating toe taps forwards one at a time while moving hands horizontally forwards from shoulder height.		
Triceps extensions	Hold band on right leg, left hand at knee and right hand at hip. Straighten right arm back. Reverse sides and repeat.		
Heel digs with arm raises to front	Tap heels forward one at a time while raising the arms up to shoulder height keeping them straight.		

Core muscle exercises would always be done after a cool down


Exercise	Bronze	Silver	Gold
Wood chops		Stand with your feet slightly wider than hip width apart Hold your hands together. Take the arms up and to one side then bring them down diagonally across the body as if holding an axe and chopping wood.	You can hold a weight to make this harder.

Exercise	Bronze	Silver	Gold
Plank		Lie down with your knees and forearms holding your torso off the ground.	Lie down with your toes and forearms holding you off the ground. Keep your body in a straight line – make sure your bottom is not sticking up, your back is flat and your hips are not dropping to the floor.
Russian twists		Sit on the floor and bend the knees with your heels on the floor Tuck the hips under and lower the upper body back slightly. Twist to one side and aim to tap the elbow on the floor, repeat other side.	You can hold a weight to make this harder.
Inchworms			Stand tall with a slight bend in the knees Reach down and put your hands on the floor in front of your feet. Walk your hands forward along the ground, until your body ends up in a plank position. Then walk the hands back towards the feet and stand up.

Get back to a healthier YOU

There are lots of opportunities to keep up your fitness in Kent – please see www.oneyoukent.org.uk



Exercise	Bronze	Silver	Gold
Superman		<p>Lay on the floor on your front with your arms above your head.</p> <p>Slowly lift the arms and legs up off the floor.</p> <p>Keep the head in line with the shoulders and look down towards the floor.</p> <p>Lower your arms and legs back down</p>	
Table top		<p>Go on your hands and knees on the floor.</p> <p>Squeeze your tummy muscles.</p> <p>You can straighten and lift the opposite arm and leg off the floor hold and balance for a few seconds to make this exercise harder.</p>	
Basic Crunch	<p>Standing wall pelvic tilt - stand against a wall with your bottom, head and shoulders touching the wall.</p> <p>Place your fingertips behind your back and feel the space between the wall and your back.</p> <p>Press your back against your hand to reduce the size of the space.</p> <p>Hold this position for a moment and relax, then repeat.</p>	<p>Cat curls – go on to your hands and knees and arch your back up and down like a cat.</p> <p>Squeeze your stomach muscles as you round up.</p>	<p>Lie flat on your back with your knees bent and feet flat on the floor.</p> <p>Tuck hips under then slowly lift your upper body and lower back down.</p> <p>Keep your chin off your chest by imagining there is an apple under your chin.</p>

Keep going.
Well done.

One You apps

Active 10 walking tracker

Active 10 quickly and simply shows you how many brisk 10 minute walks you're doing and how to fit more into your day. Download it today to see how many Active 10s you've done.



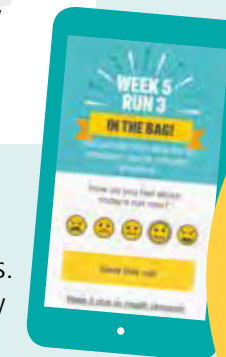
One You Easy Meals

Our free Easy Meals app is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas to help get you going if you're ever short of inspiration.



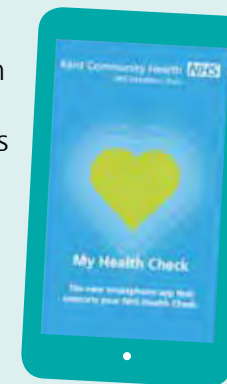
One You Couch to 5K

The Couch to 5K app has been designed to get you off the couch and running in just nine weeks. Grab your trainers, download the app and follow the step-by-step instructions.



My Health Check

The My Health Check app can help you to keep a record of your NHS Health Check results and heart age. Set goals like losing weight, getting more active or lowering your blood pressure. Get sensible advice, based on your results, to support you to make the change to a healthier lifestyle.



To find out more about these apps and for other www.nhs.uk/better-health/ or see **NHS Choices**.

For information on support available in Kent, including lifestyle advisors, smokefree and weightloss support, please see

www.oneyoukent.co.uk

Call: 0300 123 1220

Email: oneyoukent.org.uk

Weekly personal activity plan

Well done!
You are well on your way to a healthier **YOU.**

Sit with your health professional or advisor to decide what activities will suit you. Once you get the hang of planning, you can use these sheets by yourself. Remember you are aiming for 150 minutes of moderate activity per week, but any activity is good to get you started.

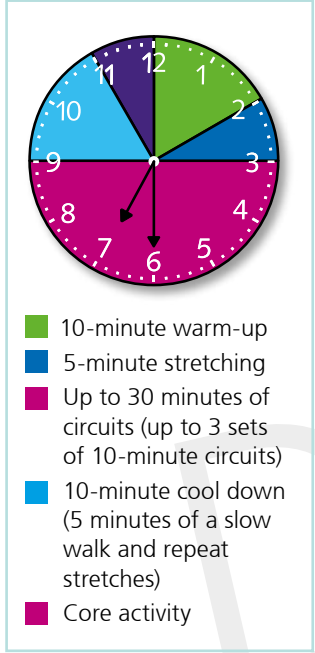
Whatever level activity you choose, always aim to feel you are exercising at a moderate intensity.



Tear here

Weekly personal activity plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner (100mins)							
Intermediate (150mins)							
Advanced (200mins)							
Date:							



Did I achieve my goal

Y ☐ N ☐ (please tick)

How did I find my activity this week?

Difficult (1) Easy (10)

What worked well and why?

What did not work well and why?

10 exercises from activity builder

Anything for me to be aware of during workout as discussed with health professional?

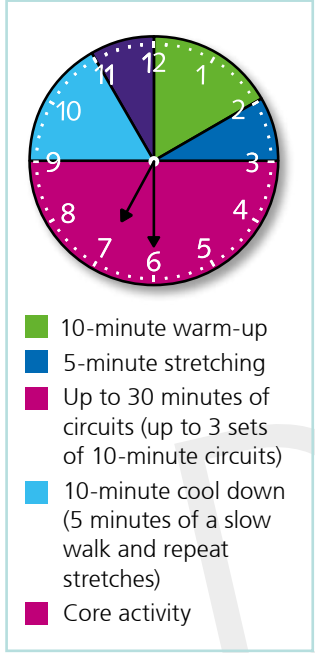
Which level of bronze/silver/gold should I attempt?

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Tear here

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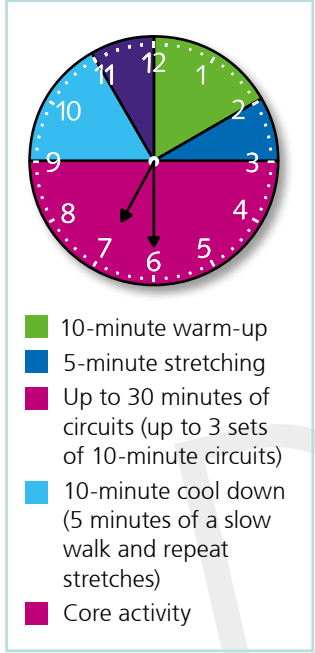
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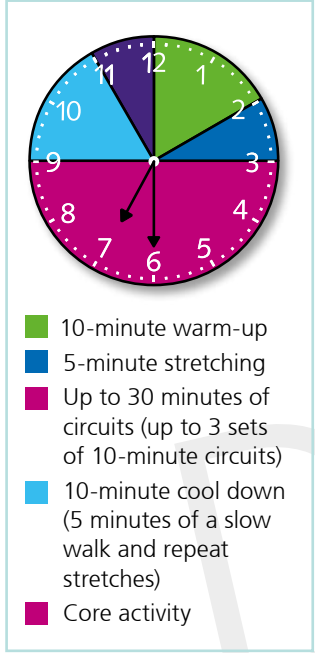
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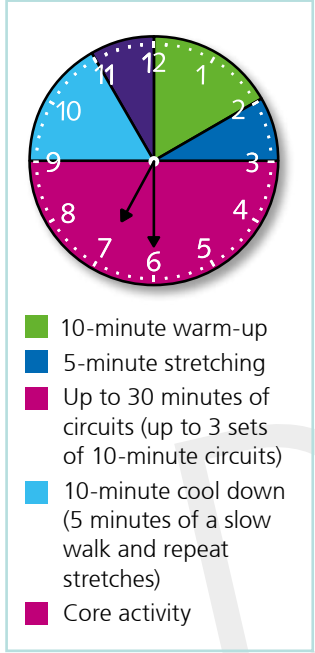
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Tear here

Weekly personal activity plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner (100mins)							
Intermediate (150mins)							
Advanced (200mins)							
Date:							



10 exercises from activity builder
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Which level of bronze/silver/gold should I attempt?

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Did I achieve my goal **How did I find my activity this week?**




Y ☐ N ☐ (please tick) Difficult (1) Easy (10)

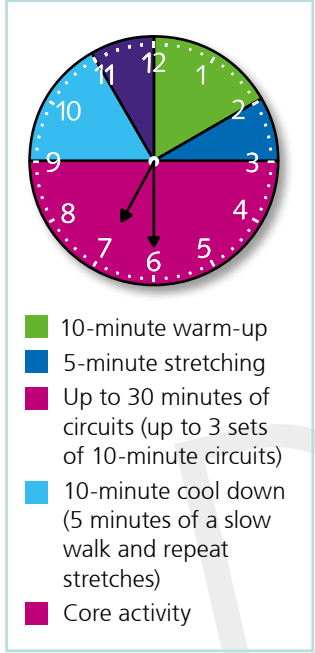
What worked well and why?

What did not work well and why?

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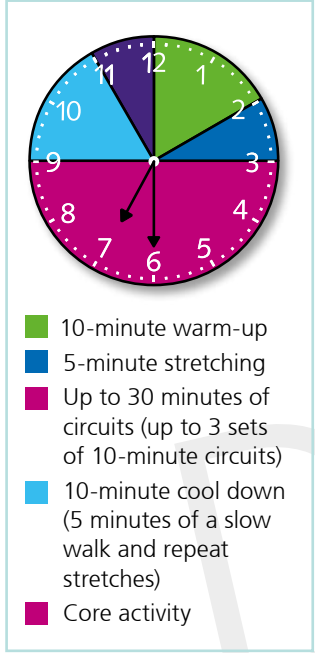
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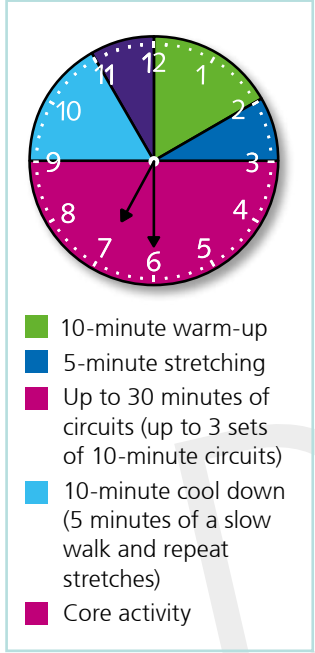
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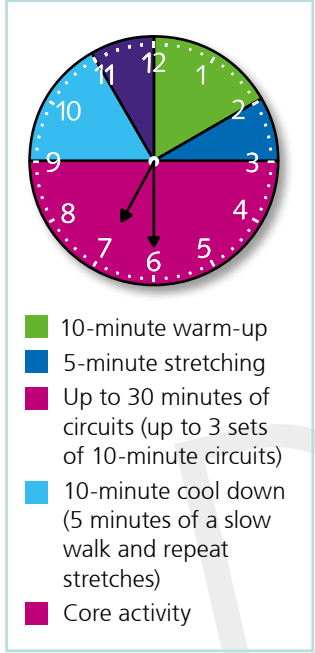
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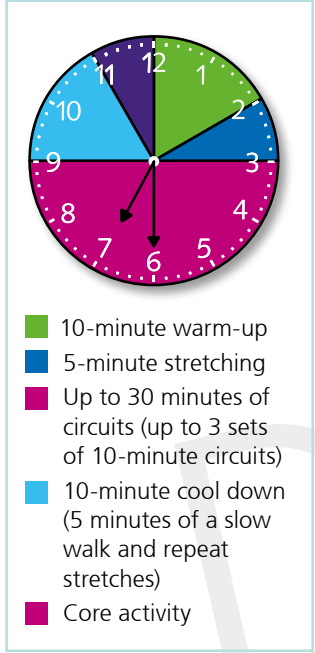
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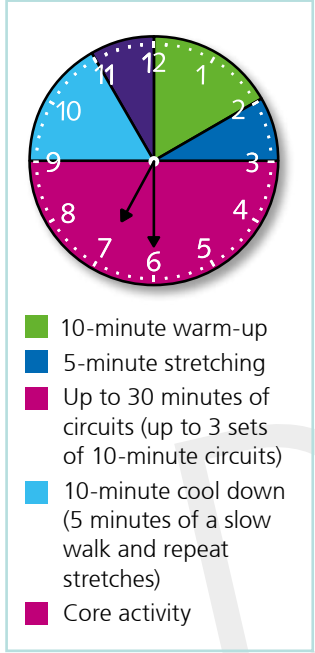
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- 10-minute warm-up
- 5-minute stretching
- Up to 30 minutes of circuits (up to 3 sets of 10-minute circuits)
- 10-minute cool down (5 minutes of a slow walk and repeat stretches)
- Core activity

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Other ways to keep active everyday.

Kent Sport wants to help make everyday activity a way of life for people in Kent – it offers support and encouragement that will help you move more in your everyday life. Take a look at stories from across the county, read guides to becoming more active, and find an activity that you'll love at www.kentsport.org/everydayactive/

parkrun organises free, weekly, 5km timed events across Kent. They are open to everyone, free, and are safe and easy to take part in www.parkrun.org.uk



Local OneYou Wellbeing Walks are great for anyone recovering from illness or who need a bit of extra motivation. They are led by friendly volunteers across Kent, are **fun and free**, and there's no need to book.



Kent Community Health
NHS Foundation Trust

Do you have a sight, hearing impairment or learning difficulty?

Please tell us if you need support to communicate.

We can book you interpreters, give you information in different ways such as easy read or large print and book one to one appointments for you.



**Community
Cardiac Rehab**

Produced by KCHFT Communications Team (00910)

Thanks to Sarah Clarke One You Kent Physical Activity Supervisor, Graham Wright Cardiac Rehab Assistant, John Vanderpuye Senior Exercise Physiologist and Teela Limbu One you Weight Loss Adviser for their help in creating this booklet.

Any queries please contact kchft.comms@nhs.net.