



# Aerobic Exercise

## Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

### Topic Summary: Aerobic Exercise

Starting and maintaining an exercise program is an important habit to help reduce the risk of heart disease. Learn how to start an aerobic exercise program, even if you have never been active before.

### Learning goals

Explore the learning resources to learn:

- What aerobic exercise is
- The benefits of aerobic exercise
- How to plan for exercise
- How to exercise safely

### Learning Resources

- THRiVE: [Start an Aerobic Exercise Program](#)
- THRiVE: [Exercise for Women](#)
- Website: [Aerobic Exercise](#)
- Webinar: [Exercise Safely](#)
- Guide: [Staying Active for a Healthy Heart](#)

### Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)
- [Tools for Getting Active](#)
- [Exercise Diary](#)

### Key points:

- ◆ Exercising for at least 30 minutes, 5 days each week will improve your fitness and lower the chance that you will have a heart event in the future.
- ◆ Follow your exercise prescription closely and monitor your effort.
- ◆ Learn [when to skip exercise](#)
- ◆ Complete an exercise diary each week.

Learn the signs of angina and [what to do](#) if you have angina during exercise.