



# Resistance Training

## Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

### Topic Summary: Resistance Training

Adding resistance training to your exercise program will improve your fitness level even more than doing aerobic exercise alone. These exercises can be done at home or in a gym using weights, exercise bands, or even your own body weight.

### Learning goals

Explore the learning resources to learn:

- What resistance training is
- The benefits of resistance training
- How often to do resistance training
- How to do resistance training safely

### Learning Resources

- THRiVE: [Start a Resistance Training Program](#)
- Website: [What is Resistance Training?](#)
- Website: [Resistance Training Video Gallery](#)
- Webinar: [Resistance Training at Home](#)
- 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:

- ◆ Doing resistance training 2 to 3 times each week can increase the strength of your muscles and increase your fitness level.
- ◆ Tell your doctor and cardiac rehab team about any [health conditions](#) you have so they can make a program that is safe and effective for you.
- ◆ Follow your exercise prescription closely and monitor your effort. Track your exercise and your effort in an exercise diary.