
Staying Active

with Adult Congenital Heart Disease

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Benefits of Exercise

Lowers risk of:

- High blood pressure
- High cholesterol
- Diabetes
- Cancer
- Osteoporosis
- Depression
- Ischemic heart disease
- Dementia

Helps you:

- Live independently
- Foster a healthy body image
- Complete activities of daily living
- Maintain healthy body weight
- Improve/maintain fitness



Before starting

- Exercise test may be indicated
- Competitive sport, weight lifting may be unsafe in certain ACHD populations
- Discuss your plan with ACHD physician
- ?Exercise Physiologist?



Frequency

- GOAL: **daily**
- Start slowly (2 or 3) and progress
- Example:
 - Weeks 1 and 2: 2 days
 - Weeks 4 and 4: 3 days
 - Week 8: 4 days



Intensity

- ‘Talk Test’: you should be able to comfortably carry on a conversation while exercising
- Can be graded based on your heart rate or ‘pulse’ and symptoms of exertion
- For example: *stop* if you feel pain, excessive shortness of breath, irregular heart rate

common sense is key.....



Time

- GOAL: 30 to 60 *continuous* minutes
- Break into smaller segments if necessary
- Sessions to be at least 10 minutes in duration and total 30 minutes



Type

- Whole body activities
- Examples: walking, dancing, cycling, swimming, aerobics, rollerblading

Seek advice for competitive sports, high intensity activities, weight lifting



Tips for success

- Make it meaningful to you and your life
- Schedule exercise in your day
- Have an ‘exercise buddy’ or join a group
- Choose things you like to do
- Choose things you can do



5th Century BC

“Eating alone will not keep a man well; he must also take exercise. For food and exercise.....work together to produce health.”

Hippocrates



Thank you!

Questions?



Peter Munk Cardiac Centre
University Health Network