

## Getting started at home

### Getting started at home:

- Wear loose, comfortable clothing and supportive footwear
- Clear a space in the room
- Have your exercise equipment and activity tracker

### How should I feel during exercise?

- Assess your exertion level with the RPE score
- It is normal to:
  - Feel slightly sweaty, warm or flushed
  - Be breathing somewhat deeper and faster but still be able to talk
  - Feel your heart beating faster
- Slow down or take a brief break if:
  - Your breathing is uncomfortable
  - You are sweating excessively
  - Your perceived exertion score is higher than recommended

- **STOP** exercising if:
  - You feel dizzy
  - You have chest pain
  - Your heart beat becomes irregular
  - You are very short of breath
- What to do if you have chest pain, tightness or discomfort:
  - STOP what you are doing and sit down
  - If your discomfort does not resolve quickly you can take one nitroglycerin every 5 minutes
  - If after taking 3 nitroglycerin you continue to have chest discomfort call 9-1-1

If you have any abnormal symptoms during your exercise session, notify the cardiac rehab team at **814.689.3140** before attempting another exercise session.

