

License to Exercise

- Your heart is okay for you to exercise. You have been given permission to exercise by _____, cardiologist.
- You should warm up five minutes prior to exercise. Warm-up stretching increases the flow of blood to the working muscles and encourages the gradual increase of your heart rate. Stretching also helps avoid injuries to the muscles and joints you will be using during exercise.
- You should exercise 20 minutes, 3-4 days per week at your ideal heart rate (80% of target heart rate for your age), which is ____ beats per minute.
- You should cool down five minutes after exercise. The purpose of a cool-down is to allow your heart rate and blood pressure to slowly decline, back to your pre-exercise values. Your cool-down removes byproducts from the working muscles and also helps redirect the flow of blood from your extremities back to your central circulatory system.

