

Benefits of being physically active for individuals with Diabetes and Coronary Heart Disease



Exercising and participating in physical activity:

- Improves glucose utilisation and insulin sensitivity
- Controls weight
- Improves fitness
- Reduces your risk of a cardiac event
- Increases your chances of surviving a cardiac event

Impaired glucose control and being sedentary are major risk factors of coronary heart disease.

Increasing your participation in physical activity and exercising is a modifiable factor that you can work on.

Monitoring your intensity (Exertion)

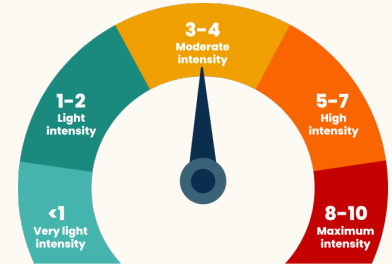


- **Exercise at moderate intensity.**
- If you have a less active lifestyle, start off with a **lower intensity.**
- **Monitor the intensity of your activity with:**



A heart rate monitor

Get a recommendation from your health care team



An exertion scale

Rating of Perceived Exertion (RPE) or talk test

Using the “Talk Test” to estimate exercise intensity



Low Intensity:
Able to sing and talk in
full sentences



Moderate Intensity:
Noticeable increase in
breathlessness, but can talk in
phrases and short sentences



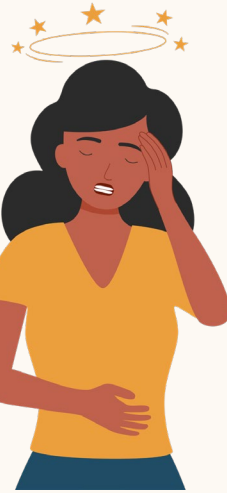
High Intensity:
Breathlessness and
having difficulty talking

Precautions – what to look out for

Seek medical attention **IMMEDIATELY** if you experience one or more of the following symptoms before, during or after exercising:



Chest pain (with or without the discomfort radiating through left shoulder/arm)



Dizziness/lightheadedness



Profuse perspiration

Exercising After A Cardiac (Heart) Event



Reduce sedentary time by:

- Adopting an active lifestyle through daily physical activities
- Increasing your daily step count



Seek medical clearance – get a referral for a Fitness Assessment and enrol yourself in a Supervised Cardiac Rehabilitation Programme:

- At the Singapore Heart Foundation
- Through your cardiologist at the hospital