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Exercise Teaching Guides

Patient name: _____ Admission: _____

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- I. The client/caregiver will state benefits of exercise.**
- Strengthens your cardiovascular and respiratory systems
 - Promotes feeling of emotional well-being and improved self-esteem
 - Keeps bones and muscles strong
 - Manages weight
 - Prevents and manages diabetes
 - Eases depression and manages pain and stress
 - Lowers the risk of colon, prostate, uterus, and breast cancer
 - Improves sleep habits and increases energy
- II. The client/caregiver can list recommended types of exercise.**
- There are four basic fitness components.
 - Cardiorespiratory endurance. Examples are long runs and swims.
 - Muscular strength. Weight-lifting exercises are an example.
 - Muscular endurance. Pushups are a common example.
 - Flexibility. Using muscles to complete a full range of motion is an example.
 - Each workout should begin with a warmup.
- III. The client/caregiver can state general rules for exercise.**
- Get a physician's approval before beginning exercise program if over 35 years old and sedentary or has a cardiovascular problem.
 - Stop exercise, and notify a physician if chest pain, dizziness, or fainting occurs.
 - Drink plenty of water before, during, and after the workout.
 - Dress in loose-fitting clothing to permit freedom of movement. Wear supportive shoes.
 - Wait 90 minutes after a meal to exercise.

- F. Avoid exercising in very hot or humid weather.**
- G. Decrease the intensity of exercise if unable to hold a conversation during exercise.**
- H. Have fun while exercising.**
- I. Exercise with someone or with a group.**
- J. Set realistic goals.**
- K. Give yourself rewards for meeting those goals.**
- IV. The client/caregiver can describe an aerobic exercise plan.**
- Warm up before exercise.
 - Start slowly, gradually increasing the pace.
 - Allow at least 5 minutes for the warm up.
 - The warm-up period prepares the body by gradually increasing heart rate and warming the muscles. It protects the body from injury.
 - Take pulse several times during exercise and adjust intensity of exercise to maintain the target heart rate.
 - Target heart rate is the heart rate you should reach and maintain for 20 minutes.
 - One way to determine what your target heart rate is
 - Maximum heart rate (220 – age) times 70%
 - Cool down after exercise.
 - Gradually decrease the pace of the exercise.
 - Allow at least 5 minutes for the cool-down period.
 - It returns blood to the heart, preventing a buildup of lactic acid in the muscles.
 - It allows for gradual recovery of the body.
 - Perform a stretching routine at the end of the exercise.
 - The exercise should be performed at least three times per week for at least a 20-minute duration to improve cardiovascular status.

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Part VII Disease Prevention and Health Promotion

Health Promotion for Nutrition and Exercise

RESOURCES

The President's Council on Physical Fitness and Sports
www.fitness.gov/

Health and fitness clubs

YMCA

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