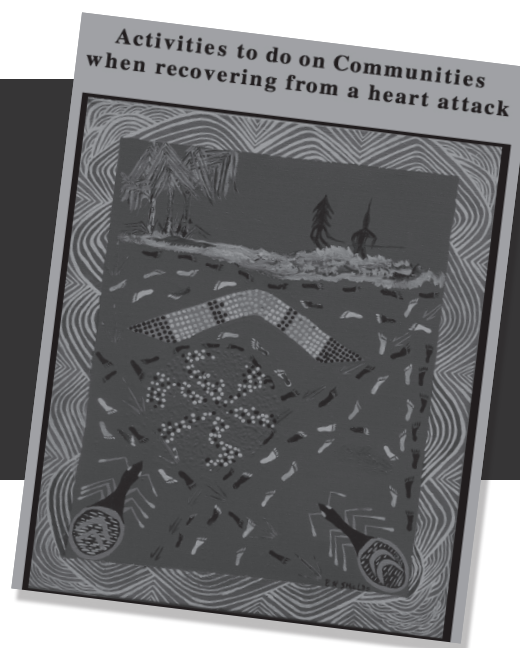


Activities to do on communities when recovering from a heart attack

(2010)



Type: Leaflet

Description:

Activities to do on communities when recovering from a heart attack is a leaflet of practical advice and an activity plan. The activity plan begins with a recommendation for slow walking 5-10 mins for the first week, and gradually builds up to longer and more strenuous activities for the patient. For example, by week 6 the activity plan includes long walks, collecting shellfish from rocks, swimming, digging for honey ants.

This activity plan has been specifically designed for people living in rural or remote communities, as some of the activities are bush activities.

The leaflet also includes some information on why exercise is important, and when to seek medical advice.

Producer:

Healthy Living NT, Casuarina, NT

To order copies of this resource

Not available in hardcopy. The PDF can be downloaded from:

<http://www.healthylivingnt.org.au/content/?id=84>

View website:

Healthy Living NT

<http://www.healthylivingnt.org.au>

When to use this resource:

This leaflet is for people who are recovering from a heart attack or their carers. It can be used to provide ideas for physical activity with a client, (they may not like to do all the activities suggested) and to make them aware that they should not try to do anything too strenuous when they are recovering.