

## Front Cover Painting

This painting is a story of people staying strong. Looking after country, looking after themselves. Background is country, blue and green represents coastal people, honey ants desert people. Footprints, people hunting, traveling. Black and white people working together. Boomerang is your health, your strength returning. Health is living. Health is life, doing what keeps us strong in mind, body, spirit. Phillip Shields



## Activities to do on Communities when recovering from heart surgery



COMMUNITY BENEFIT FUND  
Helping Build Better Communities

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Healthy Living NT, is a member of the federation of Diabetes Australia

# Exercises to do

Week	Activity
<b>Pay week 1</b>	Walking – 5 – 10 mins / day - slow Walking to the shops
<b>Off Pay 1</b>	Walking – 10 mins Walking to the shops Light craft activities (no lifting) Basket weaving, painting
<b>Pay week 2</b>	Walking – short sand walks Gentle yam collecting (No carrying) Finding Honey Light cooking, tool making
<b>Off pay 2</b>	Walking – short walks on sand Yam collecting, finding honey ants House duties / Sweeping / Raking Collecting langwa (bush banana) Can begin driving if no other complications
<b>Pay week 3</b>	Walking – long slow sand walks Small amount of washing clothes Rock fishing
<b>Off pay 3</b>	Walking – long walks Collecting shellfish from rocks Collecting pandanus Swimming and digging for honey ants (if your chest wound is ok)
<b>Pay week 4</b>	Walking – Continue every day When OK, light hunting and fishing
<b>Ongoing</b>	Can continue to increase hunting and fishing Continue to walk every day

**Must stop all activity when taking big breaths, feeling chest pain or get dizzy**

## Why do Exercise?

Helps our heart get stronger  
Keeps us healthy  
We can do community activities  
Makes us feel better

## See your Clinic when

You have chest pain (angina)  
You have problems with your wounds  
It's hard to breathe  
You get dizzy or light headed  
and  
Before doing big activities, like hunting

## Quit smoking

Don't exercise in the middle of the day when it is hot

**Exercise helps keep us and our hearts healthy**