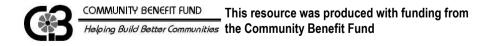
#### Front Cover Painting

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





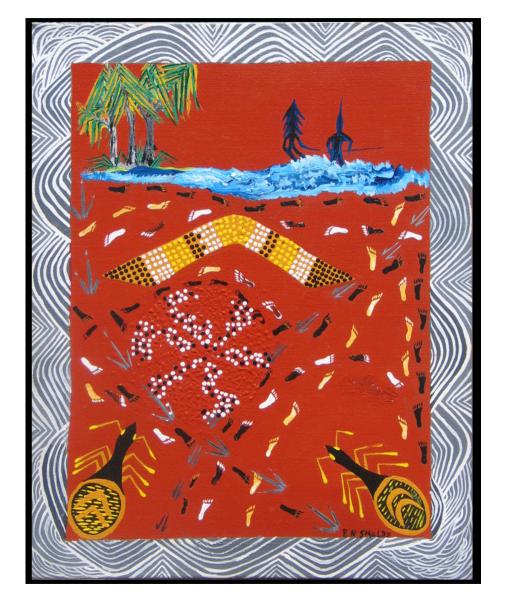
Darwin: Shop 1 & 2, Tiwi Place, Tiwi NT 0810 • PO Box 40113, Casuarina NT 0811 • Phone: 08 8927 8488 • Fax: 08 8927 8515

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

# Activities to do on Communities when recovering from heart surgery



healthy**living**N

#### **Exercises to do**

Week	Activity
Pay week 1	Walking – 5 – 10 mins / day - slow Walking to the shops
Off Pay 1	Walking – 10 mins Walking to the shops Light craft activities (no lifting) Basket weaving, painting
Pay week 2	Walking – short sand walks Gentle yam collecting (No carrying) Finding Honey Light cooking, tool making
Off pay 2	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
Pay week 3	Walking – long slow sand walks Small amount of washing clothes Rock fishing
Off pay 3	Walking – long walks Collecting shellfish from rocks Collecting pandanus Swimming and digging for honey ants (if your chest wound is ok)
Pay week 4	Walking – Continue every day When OK, light hunting and fishing
Ongoing	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