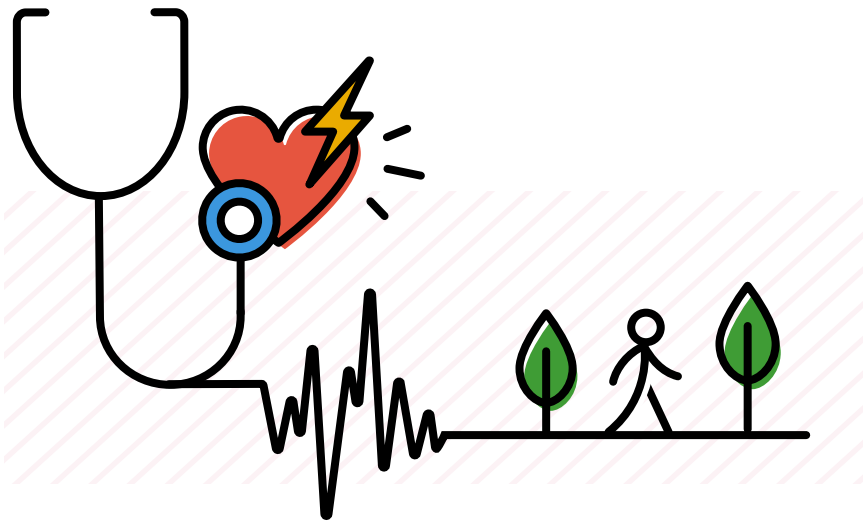
GETTING MOVING

First Steps After a Heart Attack or Stroke

Twice the risk of heart disease and stroke

People with diabetes are more likely to experience these events than people without diabetes. If you're recovering from a heart attack or stroke, moving may help strengthen your heart and aid recovery. While a heart-healthy lifestyle usually means 150 minutes of exercise a week, your recovery period may look different. Your doctor may recommend:



1

Trying gentle walking as soon as you can

- Always check with your doctor before beginning any exercise program
- Try to get up and move every half hour
- Walk every day, even if it's just for 2 minutes
- Notice when it gets a little easier, and increase your time

2

Working your way up to longer exercise periods

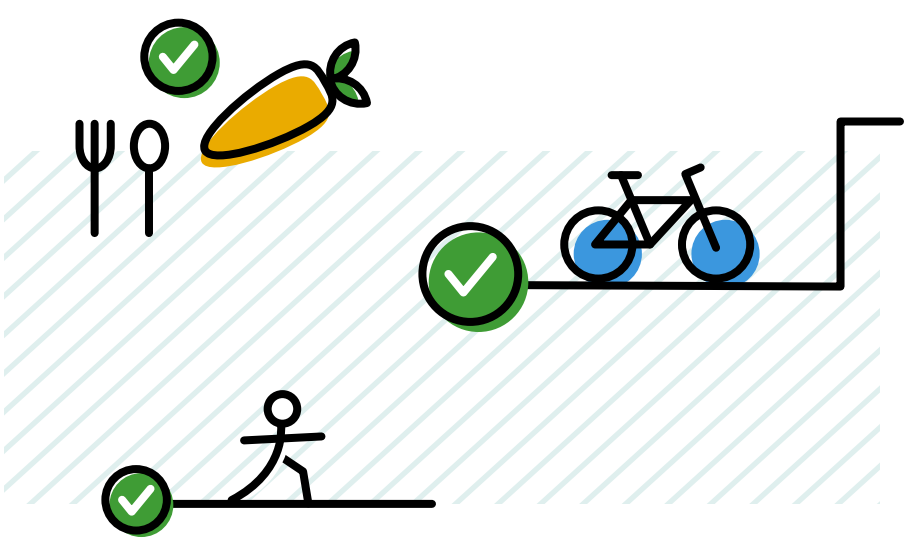
- After a few weeks, you may be able to manage longer stretches of activity
- Low-impact alternative: Swimming or water aerobics, if your doctor says it's OK

3

Joining a cardiac rehabilitation program

Talk to your doctor to find out if you're eligible for a medically supervised rehab program. It may include:

- Training to help you learn how to exercise safely
- Help with managing risk factors, like smoking and nutrition
- Counseling on ways to reduce stress



Keeping risk in check

Some of the best ways to lower your risk of heart disease might sound familiar—they're already an important part of managing diabetes!

Eating healthy

Quitting smoking

Staying active

Coping with stress

By scanning, we may collect aggregate data for analytics but not any personal information.

Looking for more ways to get moving?

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