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

GETTING MOVING

**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

Looking for more ways to get moving? Find tools and resources on NovoCare.com.

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