



Benefits of exercise after stroke:

Increased strength, endurance, balance, and overall function

Improved sleep

Reduced risk of another stroke

Lower total cholesterol and higher good cholesterol

Lower blood pressure and resting heart rate

Reduced risk of diabetes

Enhanced self-confidence and independence

Reduced depression and anxiety



Guidelines for using this video:

Stop exercising if you experience any of the following – Dizziness, difficulty breathing, chest pain, excessive fatigue, leg cramps, or near fainting.

Wear appropriate clothing and footwear – Loose clothing and sturdy shoes with a non-skid sole.

Listen to your body – Start slowly, gradually challenge yourself, and take rest breaks when needed.

Have fun! – Use this video as a guide to discover other types of physical activity that you enjoy!

Let's Get Moving!



A Home-Based Exercise Program for Individuals Recovering from Stroke





Exercise Guidelines after Stroke

The following are general guidelines for exercise after stroke. The video will focus on flexibility and strength, but it is important to include each area in your exercise routine.

- **Aerobic exercise:** large-muscle activities such as walking, stair-climbing, and biking
 - 3-7 days per week
 - The goal is to complete 20-60 minutes each day. Start with multiple 10 minute sessions throughout the day.
- **Flexibility training:** stretching
 - 2-3 days per week
 - Stretch all major muscle groups
 - Hold each stretch for 10-30 seconds. Repeat each stretch 3-5 times.
- **Strength training:** weight machines or weights you can hold in your hand
 - 2-3 days per week
 - Choose a set of weights that you can lift between 6 and 15 times.
 - Lift the weights 10-15 times, then rest for 15 seconds. Repeat this 1-2 times.
 - If possible, work 8-10 different areas of your body such as your arms, shoulders, chest, back, hips, legs, and ankles.
- **Balance and coordination activities**
 - 2-3 days per week
 - Complete balance activities on the same days that you complete strength activities.

Q&A

How often should I use this video?

This video is meant to be a starting point for exercise after stroke. Once you are comfortable exercising with this video, begin to look for other ways to be active. Examples include walking outdoors, swimming, biking, yoga, and dancing.

Are there places in the community where I can exercise?

Community resources will vary depending on where you live. Begin by contacting local senior centers and YMCAs to see what programs they offer. Local parks and walking trails are also great resources.

What if I am not able to exercise for the recommended amount of time?

Remember that *any* amount of exercise is better than *no* exercise at all. Start at a level you are comfortable with and *slowly* work your way up to your goals.