

When participating in an exercise class, remember:

- That your safety is the most important factor.
- That you may need to bring a caregiver with you if you need help in the class, change room or washroom.
- To bring a source of sugar such as juice with you if you have diabetes.
- To take all prescribed medications as you normally would. Bring any medications that you may need during class.
- To bring plenty of water or other fluids with you. If you have swallowing issues, follow your specific restrictions.
- To make sure you have used the washroom prior to class.
- To wear comfortable clothing and supportive footwear. Wear any splints, braces or orthotic devices that you use. Bring your walking aid with you.
- To monitor how hard you are working during the class. If you do not know how to do this ask the instructor to show you.

PROVINCIAL STROKE AMBULATORY STROKE REHABILITATION SERVICES

902-894-2060

Provincial Stroke Navigator

902-620-3506/ 1-844-871-0634 (toll free)

Participation in well designed exercise programs can have health benefits.

Participation in moderate exercise, 4-7 days each week is recommended to achieve health benefits.

Aim to achieve a total of at least 150 minutes of moderate to vigorous activity per week, in bouts of 10 minutes or more. This should be in addition to your regular daily activities.

FAST

is an easy way to remember the signs of stroke.

LEARN THE SIGNS OF STROKE

FACE is it drooping?
A RMS can you raise both?
S PEECH is it slurred or jumbled?
TIME to call 9-1-1 right away.

ACT **FAST** BECAUSE THE QUICKER YOU ACT,
THE MORE OF THE PERSON YOU SAVE.

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STROKE IS A MEDICAL EMERGENCY

Recognize and respond
immediately to any of these signs.

Call 9-1-1 or your local
emergency number.

Exercise After Stroke:

A Guide to Choosing an Exercise Program in Your Community



Health PEI

One Island Health System



Exercising after your stroke

Exercising after a stroke can help recovery, help prevent a second stroke, and improve physical and emotional health.

Ideally, the program you select should include: aerobic exercise, strengthening, stretching, coordination and balance activities.

Before starting an exercise program, consult with your doctor, nurse practitioner, or physiotherapist. They can identify any exercise restrictions you may have.

Helpful Tips for Choosing an Exercise Program

- Book a time and meet with the facility staff or class instructor.
- Bring a caregiver or friend along to help decide if the program is right for you.
- Observe a class prior to enrolling.
- Use the Community Exercise Program Checklist to review specific elements of the program.

Safety First!

It is important that:

- You feel safe when participating in an exercise program.
- The instructor has first aid and emergency training.
- The instructor understands your condition and any specific needs.

Community Exercise Program Checklist

Use this checklist when you are inquiring about a new exercise program. Ideally, the program you choose should have all “yes” responses. However, if there are “no” responses, consider how these may affect your participation. Speak to the instructor to see if your needs can be met.

Programs	Yes	No
The program includes appropriate exercises that meet my specific needs		
There is a registration/screening process		
The intake process asks about my:		
• Balance		
• Mobility at home and in community		
• Functional abilities (e.g., dressing, toileting)		
• Fatigue		
• Joint mobility		
• Pain		
• Health and wellness		
• Medications		
Agreement or clearance to exercise from my doctor or nurse practitioner is required		
The program is at a convenient time		
The instructor will show me how to monitor how hard I am working during class		
I feel safe and comfortable with the level of supervision provided		
There is something for me to hold on to if I need support		
My caregiver can attend with me at no cost		

Staff	Yes	No
Staff are trained in emergency & first aid, including the use of an automated external defibrillator		
Staff can identify the signs of stroke and overexertion (e.g. fatigue)		
Staff understand my condition		
Staff are trained in appropriate exercises for my condition		

Facility	Yes	No
The location is convenient		
The facility is accessible		
There is enough accessible parking		
The parking lot is well lit		
The main doors are easy to open		
The facility is clean		
The change rooms and washrooms are accessible		
Free observation of a class is available		
There are flexible payment options or subsidies		
The room temperature is comfortable		
Emergency phones are available		
An automated external defibrillator is available		
Drinking water is available		