

# EXERCISE AND MOBILITY



Exercise is an effortful activity that you do to maintain or improve health and fitness.



Exercise is an important part of recovery and can reduce your risk of having another stroke by ~ 30%.

## POST STROKE EXERCISE/MOBILITY MAY BE DIFFICULT AS THE STROKE MAY HAVE AFFECTED YOUR:



### BALANCE

Placing you at risk for falls  
(Approximately 40% of stroke survivors will fall in the first year.)



### Energy



### Motivation

## YOUR HEALTH CARE TEAM WILL WORK WITH YOU TO RECOMMEND SAFE WAYS FOR YOU TO MOVE AND WHICH INCLUDE:



Teaching you new ways to move/  
exercise



Recommending equipment to make  
moving safer



Educating your family/loved ones  
on how to help you

## WHAT YOU CAN DO



### Be Safe!

- Consult your doctor or physiotherapist before starting an exercise program
- Choose a safe place to exercise
- Start small and build up
- STOP exercising and speak to your doctor if you have
  - Pain, pressure or aching in the chest, jaw, neck or shoulder blades
  - Shortness of breath
  - Dizziness
  - Lightheadedness
  - Irregular heart beat



### Exercise regularly!

- Set a goal - Aim to exercise 3-5 times per week
- Include strength, balance and aerobic (cardio) activities
- Be creative/have fun
- Don't give up

Talk to your health care provider about a plan that is right for you.