

Below is a chart of different types of exercise. Take it to your doctor each time you have a check-up at the hospital and then they can tell you which sports or activities are possible for you.

Exercise Chart

Ask your doctor to tick which sports you can play Competitively or just for Fun

SPORT	Date C/F	Date C/F	Date C/F	Date C/F	Date C/F	Date C/F	Date C/F	Date C/F
Archery								
Golf								
Table Tennis								
Badminton								
Trampolining								
Gymnastics								
Athletics								
Winter Sports								
Yoga								
Cricket								
Basketball								
Tennis								
Hockey								
Swimming								
Dance								
Football								
Martial Arts								
Kick Boxing								
Rugby								
Snooker/Pool								
Netball								



FUN AND GAMES

Ways to safely enjoy fun and games when living with half a heart.



GOLDEN RULE

If you become so breathless that you can't talk - STOP!

In this leaflet we are going to explore sport and exercise and look at other team activities that you can take part in with your friends.

When you have only half a heart you often get told that you can't do something, that it is not safe, you might injure yourself or make your heart work too hard.

It's true that there are some sports or competitive games that may not be right for you but there are lots of things that you can do. Exercise that makes your arms and legs work but does not make your heart too tired.

To help you choose your sport do the following:

- ✓ Take your doctors advice (see the back page).
- ✓ Read the information in this leaflet.
- ✓ Talk to your PE teacher or club leader about what each activity involves.
- ✓ Listen to your body - your body knows when it is working too hard!



Little Hearts Matter
Half a Heart
Not Half a Life

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EXERCISE

Exercise is any sport that makes your muscles work harder than if you were just sitting down.

The exercise makes you feel warm and in some cases breathless.

If you have only half a heart it is still important to exercise your muscles but the golden rule is not to become so breathless that you can't talk.

You can swim for fun, ride a bicycle, play football in the garden, go to a dance class but always remember to listen to your body.



ACTIVITIES

Activities are experiences that keep you active but they do not have to be exercise. There are many different types of activity. Fishing, drama, singing, drawing and chess are just a few. There are many clubs that you can join to find out more about these activities. Look in the phone book or ask your friends what clubs they belong to.



CONTACT SPORTS

These are sports where you have a risk of bumping into someone.

In rugby, you tackle the opposition, in Judo you are thrown to the floor and in Kick Boxing, you are kicked in the chest. It is not a good idea to do any of this type of sport because of your scar, you may also be taking medicine like Warfarin that will cause you to bleed or bruise if you are bashed or you fall.



FAST COMPETITIVE SPORTS

These are sports where you have to compete against or beat someone else. In a football match, it would mean that you had to race with the ball. In a swimming competition you would swim fast to beat the other swimmers and in a running race you would try to run fast to beat someone else in the race. Competitive sport makes you work your heart very hard, you become too breathless and that can damage your heart or make you very tired.



PE LESSONS

It is really important that you have a chance to do PE lessons just like your friends. Normally lessons are split up into three parts.



REMEMBER THE GOLDEN RULE
If you become so breathless that you
can't talk - STOP!

The Warm-up

This section of the lesson warms up your muscles ready to play the sport. As long as you are not running laps around the sports field a little bit of jogging will warm up your legs.

Rules and Skills

Within every PE lesson, the teacher will show you the skills needed to take part. If the game is football, you would learn ball skills.

You would also learn the rules of the game.

As long as you are not running around too much you can take part in the skills part of the lesson.

The Game

This is the part of the lesson where you put the skills that you have learnt in the earlier part of the lesson into action **but** this is also the part of the lesson that might make your heart work too hard. Every sport is different. Think about each sport and your body.

It is important to speak to your PE teacher to work out an individual education plan. The teacher will talk to you and your parents about what sort of sports you can take part in and then will work out a way to include you in as much sport as possible. This will then be written down and kept in your school file. If at any time you need to change the plan then it can be re-written.

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