

Exercise when you have half a heart, during lockdown

We know that many of our young members have been told to isolate themselves to just the house and garden. Some are allowed a walk, run or ride in a wide open space.

Getting used to being restricted is tough but working to try and keep fit can be even more of a challenge.

We know that the Fontan circulation, the big operation that finally rearranged all the circulating blood, works best if it is looked after.

For the Fontan to work well it needs.

- Plenty of fluid- remember to drink.
- Energy – remember to eat healthy food.
- Sleep – time to replenish energy and rest the body.
- Exercise – to help the circulation, the way the blood moves through the body, especially the legs.

Even if you have a single ventricle heart condition moderate exercise is good. Don't sit still all day, get up and move around. Set a simple walk circuit around the house and use the stairs they are a great form of inside exercise.

There are some recommendations to help make sure the exercise is safe. If you are concerned about the type of exercise you or your child can do have a look at our Sports and Exercise information.

<https://www.lhm.org.uk/information/lifestyle-information/sports-and-exercise/>

GOLDEN RULE

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

So what sort of exercise could you do in isolation?

Joe Wickes runs a keep fit class every morning - <https://www.t3.com/features/how-to-watch-joe-wicks-pe-lesson-on-youtube-april-8> Great to take part but remember if you are getting too breathless to talk take a break catch your breath and then join in again.

The British Heart Foundation has a great 10 min workout. More adult focussed.

<https://www.youtube.com/watch?v=O5YX5xg8Seg>

Cycling in front of the TV. If you have an exercise bike set yourself a daily total. Gradually build the length of time you stay on the bike, or if you are smaller try this great technique.

<https://www.heart.co.uk/lifestyle/parenting/mum-sets-up-genius-indoor-cycle-studio/>

Set up an obstacle course in the garden.

Yoga for teenagers. <https://www.youtube.com/watch?v=7kgZnJqzNaU> a great way to relax and keep those muscles flexible.

WiiFit set up in your sitting room this can be a great way to keep fit but remember that you need to follow the Golden Rule

What about a dance class in your sitting room. Disney tunes are always a firm favorite <https://www.thisgirlcan.co.uk/activities/disney-workouts/?fbclid=IwAR1IBLrpV2q7oy9ppPPEVb-Cb4WyYwulOlnrhayHyl9WmwrqwJJkdkek8>

The NHS have a full series of exercise ideas for at home and in the garden. https://www.nhs.uk/conditions/nhs-fitness-studio/?fbclid=IwAR001ncJCEltOAd2SZrwUQYDWcGVogUUD_keUtS2-viu05StD0QY4xYsRek

What about learning some simple street dance. <https://www.youtube.com/watch?v=NbZB4tt7oTs&feature=youtu.be>

As long as you slowly step up the exercise, remember to take a break if you get breathless and drink to re hydrate all of the above suggestions can make a real difference.

Written by Suzie Hutchinson. Verified by Dr David Crossland.



Little Hearts Matter