

# The Best Method of Cardiac Rehabilitation

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Heart disease is a big cause of death for people in the United States. There are many kinds of heart disease, such as heart attack, heart failure, and stroke. Meanwhile, there are many ways to limit the spread of heart disease, such as quit smoking, lower cholesterol, control high pressure, maintain a healthy weight, and exercise. (WebMD). The best way to reduce heart disease, in my opinion, is exercising. The process that comes after heart disease is called cardiac rehabilitation. What does cardiac rehabilitation mean? Fletcher (2001) defined it as the „coordinated sum of interventions required to ensure the best physical, psychological and social conditions so that patients with chronic or post-acute cardiovascular disease may, by their own efforts, preserve or resume optimal functioning in society and, through improved health behavior, slow or reverse progression of disease."

The best way to solve any trouble that is related to the heart is cardiac rehabilitation. This is a good way to reduce the risk of heart disease, such as heart attack, heart failure, and stroke. The practice of cardiac rehabilitation comes after a heart attack, Also, numerous studies have approved that cardiac rehabilitation, including exercise physiology, is the best solution for anyone who has heart disease. What does exercise physiology mean? Terry and Dona (2000) defined it as " the study of how the body, from a functional standpoint, responds, adjusts, and adapts to exercise." Exercise physiology studies all of the body. Also, we can note any development of the body when we use exercise physiology as well. There are many kinds of equipment that can everybody use during exercise, The common solutions for heart disease are different form of cardiac rehabilitation such as walking, jogging, and riding a bike.

There are many causes that increase the risk of heart attack such as high blood pressure, cholesterol (LDL), and diabetes. Can a person prevent a heart attack? Laliberte (2007) points out some causes for heart attacks. Cholesterol levels of the body have two kinds of cholesterol such as HDL(good) and LDL(bad). When the body contains LDL more than HDL, that increases plaque. Plaque is a mangle of fat with LDL that produces clots which are a big cause for heart attacks. Also, he mentioned that a high blood pressure can be a cause for a heart attack. In addition, when the blood can be sticky that a high level of sugar in the blood causes an increasing the risk of a heart attack. Laliberte mentioned that exercise can reduce cholesterol. I agree with Mr. Laliberte that exercise can solve many things inside the body. You can reduce the cholesterol which the body has especially LDL, while exercising every day for at least 30 minutes. For example, my uncle have had high blood pressure and high level of cholesterol (LDL) for more than 10 years; however, he exercised by walking about two miles a day. Last year he quit exercising, and he had a heart attack. My uncle exercises every day now because he wants to prevent any heart attack again.

On the other hand, several people believe that exercise six months after heart attack does not work. Brandsstorm, Y., Brink, E., Grankvist, G., Alsen, P., Herlitz, J & Karlson, B (2009) mentioned that physical activities during middle age of patients reduced a myocardial infarction after 6 months. They said that "physical activity six months after the acute heart attack was insufficient in the majority of patients...,efforts to increase physical activity after myocardial are warranted," I respect their idea, but I think everybody believes that there are many benefits for physical activities. Exercising is very easy to do every day. Some people like walking around

their houses; on the other hand, numerous people like running and riding a bike. For example, I walk two miles every day in the gym which has allowed me to lose about 30 pounds in ten months. This is a good way for me to prevent any risk of heart attacks in the future.

Are black women more likely to get heart disease? The article " walking helps" (2002) pointed out that "walking helps black women's hearts." The article said that exercise, including walking, affects the body to reduce the risk of heart disease. It studied about 74,000 post -menopausal of women among the ages 50-79 who found that women who walked 30 minutes every day for five days a week reduced their heart attacks by about 30 percent. "During the study period, 345 women developed heart disease, and 1,551

were diagnosed with various forms of cardiovascular disease. However, the women who regularly walked or exercised, even for a small amount of time, reduce their risk of stroke, heart attack, or other cardiovascular events." Exercising, including walking, contributes to reduce any risk of heart disease such as heart attack or stroke. It is not a big deal to exercise every day for about half hour during a week. The study, which the article mentioned, is evidence that walking is the best exercise for black women. Also, walking is the best cardiac rehabilitation for all people.

Some researchers believe that jogging is not helpful to reduce heart disease. Thompson (1995) mentioned that too much exercising is dangerous. He said "walk, do not run", and he was afraid of too much exercising. His friend died while he was jogging because he had a heart attack during exercising. He presented facts that several light activities, such as walking, can burn about 1,500 calories per week and can reduce their risk of dying by about 25 percent. He recommended walking is appropriate more than jogging. I agree with him because jogging might affect the heart more than walking, and we should do a normal exercise not much like Thompson's friend. I have a good experience about this kind of exercising, and I recommend everybody to walk. Running is acceptable for a short time, but if a person does too much running, he or she may be under the risk of heart disease. Meanwhile, Cooper(1968) found walking two miles during 40 minutes a week is best way to exercise. I have the same program every day, but I walk two miles during 30 minutes a day. However, when I ran more than 10 minutes, I felt bad, and I could not continue because I did not have enough fitness. This program is the best cardiac rehabilitation to reduce any risk of heart disease.

Does diabetes affect heart disease? The article "Exercise may reduce heart attack and strokes in diabetics by lowering insulin levels" (2000) mentioned that about 75 percent of people who had a diabetes died by heart attacks. This article suggested that exercise affects the insulin of the body and protects a person from any risk of cardiovascular disease. Cardiac rehabilitation including exercise is the best choice to reduce the high blood pressure and level of cholesterol especially with people who have a diabetes. When I look at the statistics of this article, I find this number very large. I recommend everybody who has a diabetes to exercise every day about half an hour, which helps his or her body to reduce the high blood pressure and cholesterol as well. Meanwhile, the result of reducing high blood pressure and cholesterol is reducing the risk of heart attack.

Is there any a relationship between a high weight and heart disease? Tufts (2009) mentioned that there is a relationship between weight, exercise and the risk of heart disease for men. This relationship presents many benefits of losing some pounds and exercising. Also, this study said there is a relationship between obesity and the risk of heart disease; however, weight and exercise affected the risk of heart. Men who did exercising at least three times every month cut their risks of heart disease. I believe no one disagree with this study at all because there are many benefits of exercising. I'm lucky when I decided to focus in this field because I'm interested in studying a Ph.D program in cardiac rehabilitation. Exercise can make patients better more than any medicine. It is easy to exercise including walking and jogging, for example.

Another method of cardiac rehabilitation that has proven very effective is riding a bike, whether one is going outside for a ride or staying indoors on a stationary bike. One study mentioned that are many benefits for riding a bike such as burning a lot of calories:

Any workout is better than none. But to develop cardio fitness, you need to do more than amble around the block or pedal casually on an exercise bike (if you do it long enough, you'll burn a lot of calories, but you won't do much for your heart). When you're exercising, push yourself slightly beyond what feels comfortable, but not so hard that you become light-headed or so short of breath that you can't carry on a conversation. How often? Ideal is 30 to 60 minutes on most days of the week. Note: If you haven't been working out, get your doctor's OK first. (Housekeeping, 2006).

This study gives some information for the "right exercise" of patients who have a heart disease. Riding a bike is a good method to develop the fitness of heart, Also, it recommends that the person who has heart disease exercise a bike not hard from 30 minutes to one hour every week.

This time which mentioned is good to develop the fitness for the heart.

Playing tennis is helpful for heart disease. Parks(2005) presented that tennis is helpful for the heart. Some people think that tennis is just for fun, but in fact, this kind of sport "might be the answer for securing a healthy heart." Also, playing this sport is good to get aerobic exercise. Tennis helps anybody to burn calories and increase the quality of muscles. In addition, this sport supports everybody to reduce high blood pressure which results in reducing the risk of heart attack. I played this kind of sport in King Saud University while I was a student there, and I found it very good to increase my fitness. I spent two hours a day playing tennis with my classmate one semester because this kind of sport was part of my requirement. I recommend anyone to play tennis because there are many benefits to reduce any risk of heart disease.

Also, this study mentioned that men who played tennis in their youth had "a lower incidence of cardiovascular disease and heart attack." A person can play tennis wherever easily with some friends to have and reduce the risk of heart disease as well.

There are many reasons to exercise that are mentioned in Liebman's study(2009). He said that exercise reduces the risk of heart disease such as stroke. Women who walked about one hour every day, had a 40 percent to reduce the risk of stroke more than the women who walked less than one hour every week. Meanwhile, exercise cut the risk of heart attack from 20 to 35 percent in many studies. Seventy — three thousand women ,who walked about 30 minutes every day during the week had from 30 to 40 percent "lower risk of heart attack or other cardiovascular." Exercise also reduces high blood pressure when a person exercises three to five times every week. He mentioned that exercise is the best choice to safe the heart of the person from any disease such as stroke and heart attack. Walking about an hour every day is a good way to

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rehabilitate for the heart. I recommend everyone who wants to exercise visit the doctor to get some information about it. One article explained the importance of visiting the doctor before exercise to get a good way to exercise and reduce the risk of heart attack:

Heart attack survivors can start small, but they've got to start! Our hope is that this routine will help give them the inspiration and tools they need to strengthen their hearts. Before starting any program, speak with your doctor about individual needs and limits. At your next doctor's visit, find out if any of the following activities are right for you: warm up, walking, swimming, biking, stair climbing, resistance exercises with and without therabands or with soup cans, exercises with a towel, stretching with a broomstick, and cool down. Remain hydrated before, during, and after exercise. Make sure you're wearing loose-fitting, comfortable clothing and shoes designed for exercise. Chores such as gardening and cleaning the house are a great way to work your upper body and increase your heart rate. (Greene, 2008).

Researcher recommended anyone before exercising to visit the doctor to have the advice about the limit of exercise. There are many ways to exercise such as swimming, walking, biking and climbing. All of these kinds of exercising support you to reduce the risk of heart attack. Warming up is the first step before doing exercise because it helps all body to start such as muscles and bones.

Who have a higher risk of heart disease women or men? The article "Exercise tip sheet"

(2000) mentioned that "Knowledge is your first defense against heart disease, the No. 1 killer of Blacks. Cardiovascular disease--which includes heart disease, stroke, high blood pressure, congestive heart failure and hardening of the arteries--claims more than 100,000 African Americans each year." We have to defend our heart from any risk such as high blood pressure,

stroke, heart disease and heart failure. Older people have a higher risk of heart disease, and women have a less risk of heart disease than men. Also, the study found white people have a lower risk than black people. We can reduce and defend the risk of heart attack by exercising. Cardiac rehabilitation including exercising is the best choice. I recommend black people and older people to exercise every day at least half an hour a week because their risks of heart disease are higher.

American Fitness (2011) pointed out that exercise is the best effective way to reduce the risk of blood and heart. The statistics of this article found from one to three of American has at least one kind of cardiovascular problem like heart attack or heart failure. A good way to solve these problems is exercising. Physical activities are helpful to reduce the risk of heart disease. In addition, exercising positively affects the body including heart, blood, muscles, and bones. All the researchers that I mentioned recommend that exercise is the most effective way to reduce any risk of heart disease such as heart attack, stroke, and high blood pressure.

There are many ways to heal the heart, and we should not take medicine to deal with our heart because there is another method which is called "alternative medicine." Haskell, William, Eisenberg, and David (2002) pointed out that exercise and good nutrition are alternative medicine. These ways can cut any risk of heart disease such as heart attack or stroke by about 80 percent. Exercising, including walking briskly more hours every week, can reduce the risk of heart disease from 30 to 40 percent. Also, diet can maintain health and cut the disease process. I agree with them that both exercise and diet can interrupt the disease's process. When we control our nutrition and exercise at least half an hour a day, we can reduce cholesterol, high blood pressure, risk of heart attack, and stroke. These methods are appropriate ways to follow, and I agree with researchers about the "alternative medicine."

Exercising is appropriate for older women. Katz (2004) mentioned that older women who were very active, they built their muscles and bones. They reduced high blood pressure, the risk of heart disease, diabetes, cancer, and osteoporosis. They studied more than 200 older women for 15 years. This study pointed out many benefits for doing exercise, and now it is very clear that exercise is a good method of cardiac rehabilitation. Also, this study presented that walking, biking, jogging, and aerobic exercise can reduce the risk of heart disease. These ways of exercising are beneficial. I think it is not a big deal when a person decide to exercise every day at least 30 minutes. All my friends in Johnson City have plans to go the gym every day, and they exercise about two hours. This program is very helpful for them because it helps them study, and it will reduce the risk of heart disease.

There is many equipment related to exercise, the most important one being a heart rate monitor. Parks (2008) mentioned that a heart rate monitor is the one important thing of exercise equipment. This monitor "shows the calories being burned, heart rate, recovery rate, and sounds an alarm before overexertion can occur...this enables the user to get more out of his workouts by lowering the resting heart rate and improving recovery time. "Men who had a resting heart rate of 75 are more likely to have the risk of healt attack than those who had a resting heart rate of 60. A heart monitor is most important thing to show calories, heart rate, and recovery heart rate. If the person has plans to exercise, I recommend him or her to buy a heart rate monitor. I used this machine in King Saud University while I was a student there. Also, this machine helps everybody to know how much value of oxygen goes into lungs. In addition, there are many kinds of exercise equipment if people want to exercise indoors such as treadmills, and exercise biking. However, I advise people to exercise outdoors because the weather is very helpful for them. They should use some special clothes when they have plans to exercise. Soccer is a part of exercise too, and they can play many hours with out any stop. Every Friday, we have a plan to play soccer in the park, and we spend about two hours there. Also, they can swim because it is a physical exercise for

muscles and heart. My friend Hassan swims every day in the gym, and he has good skills to move inside the water. I can not swim very well, but I can swim along time.

The big cause of death for people in the United States is heart disease. There are many kinds of heart disease, such as heart attack, heart failure, and heart coronary disease. The common solutions for heart disease are different forms of cardiac rehabilitation such as: walking, jogging, and riding a bike. All the researchers that I have mentioned do studies to fix the risk of heart disease. Exercising is most important alternative medicine for people today. Studies that link heart disease with inactivity are conclusive. All examples that I have mentioned support exercising as the best cardiac rehabilitation. Meanwhile, I agree with them that exercise is the strong way to reduce disease such as stroke, a high blood pressure and heart attack. Most studies have proved that old people had a high rate of the risk of heart disease. Also, men in those studies had this risk more than women. Some studies pointed out that black women had this The Best Methods of Cardiac Rehabilitation 11 danger more than white people. There are other benefits of physical exercise such as reducing cholesterol, eight, and diabetes. If a person has a good plan that includes exercise and diet, he or she can cut own the risk of heart disease. In addition, some studies suggested many programs of cardiac rehabilitation. I think an appropriate program of exercise when you workout including walking or biking 30 minutes to an hour every day during a week. This is the program that I use every day in Johnson City. Also, there are many activities such as playing soccer, tennis, basketball, and volleyball. Swimming is the best thing for some friends like Hassan. My uncle walks every day at least one mile after he had heart attack, and he is very healthy right now. Finally, there are many equipment to use for exercising such as: a heart rate monitor, treadmills, and exercise biking. These things support you to exercise well. Everyone today strongly believes that cardiac rehabilitation including exercise is the best alternative medicine for heart disease.

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