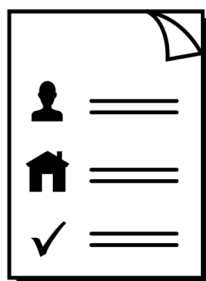




Exercise for people with childhood onset heart disease



Easy Read

About this fact sheet



This fact sheet is from HeartKids.

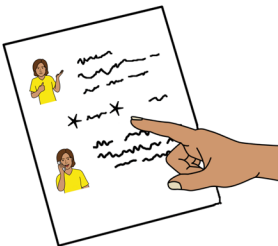


This fact sheet is written in a way that is easy to understand.



You can read more information about HeartKids on our website.

Visit heartkids.org.au



We add a star before and after ***hard words***.

Then we explain what the words mean.

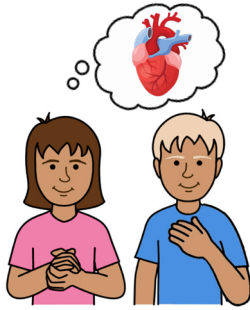


You can ask someone to help you read and understand this fact sheet.



Contact information is at the end of this fact sheet.

Childhood onset heart disease



We help people with

childhood onset heart disease or COHD.



COHD means a ***heart condition*** that starts

- before you are born

or



- when you are young.

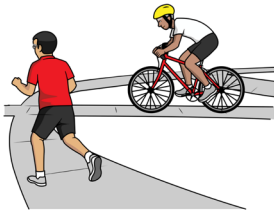


A heart condition means your heart works differently to the way it should.



Most children with COHD grow up to live normal lives.

COHD and exercise



Most people with COHD can do exercise.

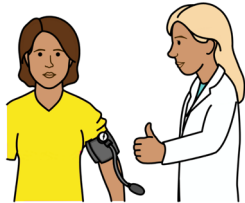


It is important to stay healthy.



Exercise is good for

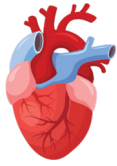
- your ***mental health***
- your ***physical health***.



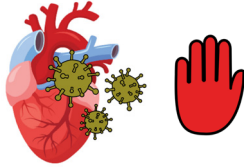
Mental health is how you feel about yourself and your life.



Physical health is the health of your body.

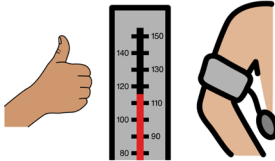


Exercise helps your heart health.



For example, exercise can

- stop heart disease from getting worse



- be good for your blood pressure.



You can learn how to do exercise in a safe way.



You can talk to your doctor about your heart condition and the best way for you to exercise.

Different types of exercise

You can try different types of exercise.



For example

- ***aerobic exercise***



- ***strength training***

Aerobic exercise helps heart and lung fitness.

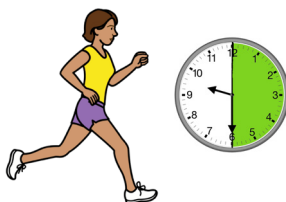


For example, you can walk or swim.



Strength training helps to build muscles.

For example, you can lift weights or do yoga.



Adults should try to exercise for 30 minutes most days of the week.

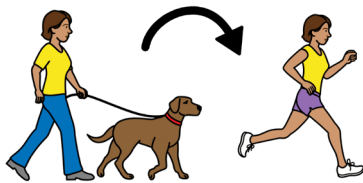
How to get started



Start with a shorter exercise time and see if you feel ok.



Even a few minutes of exercise each day can help.



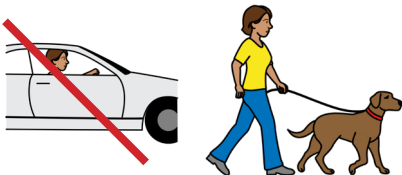
You can aim to do more exercise as your fitness gets better.



Try to do exercise you like.



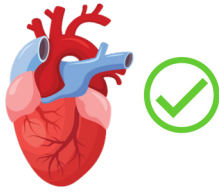
You can have fun by exercising with friends.



You can make choices to be active.

For example, choose to walk instead of driving.

Exercise safely



Regular exercise is one of the best things you can do for good heart health.



If you do not feel well when you exercise, stop straight away and see your doctor.



For example

- if your heartbeat changes



- if you have chest pain



- if you have trouble breathing.



Your doctor can help you know what type and how much exercise is right for you.



More information

For more information or support contact HeartKids.

Call 1800 432 785



You can contact us from 9 am to 5 pm
Monday to Friday.



Website heartkids.org.au



Exercise Right

Help for people with chronic conditions or illness to exercise right for their needs.



Website exerciseright.org.au



Australian Government
Department of Health and Aged Care

Department of Health



Website health.gov.au

Help to speak and listen



If you need help to speak or listen, the National Relay Service can help you make a call.



Call 1800 555 660



Website accesshub.gov.au/nrs-helpdesk

Help in your language



If you need help with other languages, contact the Translating and Interpreting Service.



Call 131 450



Website tisnational.gov.au

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