

## Resistance Chair Guideline for Cardiovascular Disease

### General Information

Coronary heart disease is the leading cause of death in the United States in those over 65 years of age. Older adults are at high risk for disability following a cardiac event, such as a heart attack. Cardiac intervention procedures also have a higher rate of complications in individuals of advanced age. Exercise through a consistent aerobic and strengthening regimen individualized to one's level of conditioning is key in cardiac rehabilitation. It has been shown that participating in a regular exercise program at any age tends to decrease coronary risk(1).

The Resistance Chair Solution provides a practical in-home tool for the ongoing exercise management of individuals with heart disease. A proper and individually designed exercise plan can reduce the risk of cardiac death and reduce other risk factors, such as hypertension (see Hypertension Guideline) and elevated cholesterol levels. The Resistance Chair is dynamic, user-friendly, easily manageable, and enjoyable to use, ensuring consistent use and compliance.

### Resistance Chair Recommendations

Exertion level should normally not exceed a level where normal conversation can occur comfortably. Emphasis should be placed on adequate warm-up and warm-down activities for those at risk, including flexibility for injury prevention. Mild fatigue should be the result of a balanced program at the appropriate level. Other guidelines include frequent rest breaks, alternation of low and moderate level exercises, and avoidance of hot or humid environments during exertion.

### References

1. Lavie, CJ, Milani, RV, Littman, AB. Benefits of cardiac rehabilitation and exercise training in secondary coronary prevention in the elderly. *Journal of the American College of Cardiology* 1993; 22: 678.

General disclaimer: Consult your physician before using exercise equipment or starting an exercise program. Please read the complete disclaimer before using any Active Aging equipment or products.

General Precautions: Stop exercise if you experience pain and consult your physician before resuming the Resistance Chair exercise program.