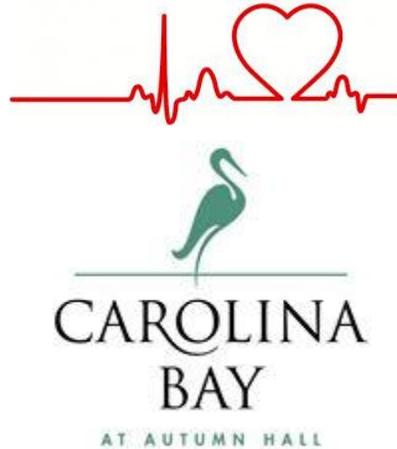


Beat Today

A monitored cardiopulmonary exercise program



This collaborative program creates a way to bridge the gap between the therapy intervention and ongoing physical activity as well as provide wellness services to a resident living with a cardiac and/or pulmonary disorder.

The goal of the program is to ensure a resident's progression during cardiopulmonary rehabilitation is maintained and improved upon post discharge of therapy services through the collaboration of therapy and wellness.

Beat Today is based upon the recommendations by the American Heart Association and the American Association of Cardiovascular and Pulmonary Rehabilitation. The program aims to progress the residents to reach the recommended amount of physical activity by providing a schedule of aerobic, strength and flexibility training.

Who would qualify to be a participant in the **Beat Today** program?

- Residents who are currently participating in a cardiopulmonary therapy program and preparing for discharge of therapy services
- Residents who are interested in participating in a wellness program with a history of cardiopulmonary disease
- Residents who have recently had a cardiopulmonary procedure performed and are referred for aerobic conditioning by their physician
- Residents who are currently participating in a therapy program and would benefit from the monitoring of vital signs during exercise post discharge of therapy services
- Residents who have any condition for which the monitoring of vital signs would improve the success or safety of performance

Bridging the Gap

How to progress from therapy to wellness

1. a) The resident who is on therapy service, receives a Senior Fitness Test to assess readiness for the program initiation

b) The resident who is not on therapy is evaluated with inclusion of the Senior Fitness Test in the assessment
2. The therapist introduces the client to the INSPIRE program staff and describes the **Beat Today** program and schedule
3. The therapist and the resident attend a **Beat Today** session to observe and possibly participate in some of the program
4. The resident attends a **Beat Today** session and participates in the entire program as appropriate
5. The resident attends the program and is discharged from therapy services successfully (as appropriate)

How is Progress Measured?

Blood Pressure

Oxygen Saturation

Heart Rate

Rate of Perceived Breathlessness

Rate of Perceived Exertion

Senior Fitness Test scores

(Chair Stand, Arm Curl, 2 Minute Step Test,
Chair Sit & Reach, Back Scratch, 8 ft. Up and Go)

Beat Today Program Design

45 minute program

Read vitals (BP, Spo2, HR) and measure weight

Warm Up

Aerobic Exercise

(O2, HR and BP are taken on each machine)

(Machine= treadmill, elliptical, recumbent bike and/or NuStep)

Resistance Exercise

8-10 Exercises focusing on the large muscles groups. Begin at 10 repetitions, progress to 15 repetitions. May also progress from 1 to 3 sets if time and functional level permits.

As the goal of the program is to progress the individual into an independent exercise program, the use of resistance machines (leg press, leg extension, upper back row, tricep press, chest press, etc.) may also be included as a means of teaching the resident to resistance train on their own.

Cool Down/Flexibility

Retake vitals

*Entire program is tracked and charted each session.