

Activities to do on Communities when recovering from heart surgery



Exercises to do

Week	Activity
Pay week 1	Walking – 5 – 10 mins / day - slow Walking to the shops
Off Pay 1	Walking – 10 mins Walking to the shops Light craft activities (no lifting) Basket weaving, painting
Pay week 2	Walking – short sand walks Gentle yam collecting (No carrying) Finding Honey Light cooking, tool making
Off pay 2	Walking – short walks on sand Yam collecting, finding honey ants House duties / Sweeping / Raking Collecting langwa (bush banana) Can begin driving if no other complications
Pay week 3	Walking – long slow sand walks Small amount of washing clothes Rock fishing
Off pay 3	Walking – long walks Collecting shellfish from rocks Collecting pandanus Swimming and digging for honey ants (if your chest wound is ok)
Pay week 4	Walking – Continue every day When OK, light hunting and fishing
Ongoing	Can continue to increase hunting and fishing Continue to walk every day

**Must stop all activity when taking
big breaths, feeling chest pain or get dizzy**

Why do Exercise?

Helps our heart get stronger

Keeps us healthy

We can do community activities

Makes us feel better

See your Clinic when

You have chest pain (angina)

You have problems with your wounds

It's hard to breathe

You get dizzy or light headed

and

Before doing big activities, like hunting

Quit smoking

Don't exercise in the middle of the
day when it is hot

**Exercise helps keep us and
our hearts healthy**

Front Cover Painting:

This painting is a story of people staying strong. Looking after country, looking after themselves. Background is country, blue and green represents coastal people, honey ants desert people. Footprints, people hunting, traveling. Black and white people working together. Boomerang is your health, your strength returning. Health is living. Health is life, doing what keeps us strong in mind, body, spirit. Phillip Shields



COMMUNITY BENEFIT FUND
Helping Build Better Communities

This resource was produced with funding from
the Community Benefit Fund