**Physical Activity Recommendations Form**

*PARF-US Adapted with permission from: Heart research.uk (2014)*



**Name:** ……..…………..…………..………………………...……..

**Congenital Heart Defect** : ………………………………..….…..……… Date: ………….………………

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Intensity of activity/exercise recommended** | | | | | ***Check Appropriate Box(s)*** |
| Low intensity | | | Active, moving about, but no increase in HR  or breathing i.e. home chores, strolling, tai chi | |  |
| Moderate intensity | | | Breathing harder but can still talk or sing  i.e. light jogging, leisure biking, swimming, dancing | |  |
| Vigorous intensity | | | Heart beats much faster - difficult to talk  i.e. running, bike: spinning/mountain, Zumba | |  |
| **Amount of activity/exercise recommended** | | | | | ***Check Appropriate Box*** |
| At least 30mins/day or  150 min/week | | American College of Sports Medicine- (2008)  Physical Activity Guidelines | | |  |
| 10-30 minutes /day | | Any activity is better than no activity/ dose- response | | |  |
| ***Other :*** | | ***Please specify:*** | | |  |
| **Types of activity/exercise to recommend** | | | ***Circle as appropriate*** | |
| Aerobic- (walking, swimming, running, jumping rope, racquet sports, etc.) | | | Safe Best Avoided | |
| Anaerobic (Weight lifting: with dumbbells/machine, stretch-bands,  pull/push up body weight, etc.) | | | Safe Best Avoided | |
| **Types of activity/exercise to avoid** | | | ***Circle as appropriate*** | |
| Activities with a high risk of impact (football, hockey, boxing, Martial arts) | | | Safe Best Avoided | |
| Activities with a high risk of cuts, scrapes and bruises (rock climbing, etc.) | | | Safe Best Avoided | |
| **Competitive sport** | | | ***Check appropriate box*** | |
| Avoid all competitive sports (team sports leagues, masters swimming competitions, marathons, triathlons, bike races, etc.) | | |  | |
| May participate, but rest when necessary | | |  | |
| May participate fully in all competitive sports | | |  | |
| **Exercise capacity considerations for vigorous activity/exercise/sports** | | | | |
| Peak Heart Rate (bpm) \_\_\_\_\_\_\_\_ Six-minute walk test (m) \_\_\_\_\_\_\_\_\_\_\_ VO2peak (ml/kg/min) \_\_\_\_\_\_\_\_\_  Other: | | | | |
| **Additional Comments/Recommendations:** | | | | |

**Authorized by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Valid until / Review date: \_\_\_\_\_\_\_\_\_\_\_\_\_**