

**FAST** is an easy way to remember the signs of stroke.

#### LEARN THE SIGNS OF STROKE

**F**ACE is it drooping?

**A** RMS can you raise both?

**S** PEECH is it slurred or jumbled?

**T** IME to call 9-1-1 right away.

ACT **FAST** BECAUSE THE QUICKER YOU ACT, THE MORE OF THE PERSON YOU SAVE.

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Stroke is a medical emergency.

Recognize and respond immediately to any of these signs.

Call 9-1-1 or your local emergency number.

#### When participating in an exercise class remember:

- That the most important factor is your safety.
- To bring a source of sugar such as juice with you if you have diabetes.
- To take all prescribed medications as you normally would. Bring any medications that you may need during class.
- To bring plenty of water or other fluids with you. If you have swallowing issues, follow your specific restrictions.
- To make sure you have used the washroom prior to class.
- To wear comfortable clothing and supportive footwear. Wear any splints, braces or orthotic devices that you use. Bring your walking aid with you.
- To monitor how hard you are working during the class. If you do not know how to do this ask the instructor to show you.
- That you may need to bring a caregiver with you if you need help in the class, change room or washroom.



#### Participation in well designed exercise programs can have health benefits.

Participation in moderate exercise, 4-7 days each week is recommended to achieve health benefits.

Aim to achieve a total of at least 150 minutes of moderate to vigorous activity per week, in bouts of 10 minutes or more. This should be in addition to your regular daily activities.

#### References and Resources:

1. Canadian Stroke Best Practice Recommendations: Secondary Prevention of Stroke Guidelines, update 2014.
2. Heart and Stroke Foundation - Your guide to an active lifestyle. Available at: [www.heartandstroke.com](http://www.heartandstroke.com)



[www.ontariostrokenetwork.ca](http://www.ontariostrokenetwork.ca)

Developed by the Post Stroke Community Based Exercise Guidelines Working Group of the Ontario Stroke Network (2015)

A guide to choosing a community exercise program for people living with the effects of **STROKE**



## Exercising after your stroke

Exercising after a stroke can help recovery, help prevent a second stroke, and improve physical and emotional health.

Ideally, the program you select should include the following components: aerobic exercise, strengthening, stretching, coordination and balance activities.

Before starting an exercise program, consult with your doctor, nurse practitioner or physiotherapist. They can identify any exercise restrictions you may have.

The Ontario Stroke Network has developed guidelines to assist community exercise providers in the design of quality exercise programs for people who are living with the effects of stroke.

The guidelines are available at [www.ontariostrokenetwork.ca](http://www.ontariostrokenetwork.ca)

## Helpful Tips for Choosing an Exercise Program

- Book a time and meet with the facility staff or class instructor.
- Bring a caregiver or friend along to the class to help decide if the program is right for you.
- Observe a class prior to enrolling.
- Bring a copy of the Community Exercise Program Checklist.



The TIME™ Program at Abilities Center in Whitby, ON

## Safety First!

It is important that:

- You feel safe when participating in an exercise program.
- The instructor has first aid and emergency training.
- The instructor understands your condition and any specific needs.

## Community Exercise Program Checklist

Use this checklist when you are inquiring about a new exercise program. Ideally, the program you choose should have all “yes” responses. However, if there are “no” responses, consider how these may affect your participation. Speak to the instructor to see if your needs can be met.

Program Name: \_\_\_\_\_

Contact: \_\_\_\_\_

### Programs

yes no

The program includes appropriate exercises that meet my specific needs		
There is a registration/screening process		
The intake process asks about my:		
• Balance		
• Mobility at home and in community		
• Functional abilities (e.g., dressing, toileting)		
• Fatigue		
• Joint mobility		
• Pain		
• Health and wellness		
• Medications		
Agreement or clearance to exercise from my doctor or nurse practitioner is required		
The program is at a convenient time		
The instructor will show me how to monitor how hard I am working during class		
I feel safe and comfortable with the level of supervision provided		
There is something for me to hold on to if I need support during the class		
My caregiver can attend with me at no cost		

### Staff

yes no

Staff are trained in emergency & first aid, including the use of an automated external defibrillator		
Staff can identify the signs of stroke and overexertion (e.g. fatigue)		
Staff understand my condition		
Staff are trained in appropriate exercises for my condition		

### Facility

yes no

The location is convenient		
The facility is accessible		
There is enough accessible parking		
The parking lot is well lit		
The main doors are easy to open		
The facility is clean		
The change rooms and washrooms are accessible		
Free observation of a class is available		
There are flexible payment options or subsidies		
The room temperature is comfortable		
Emergency phones are available		
An automated external defibrillator is available		
Drinking water is available		