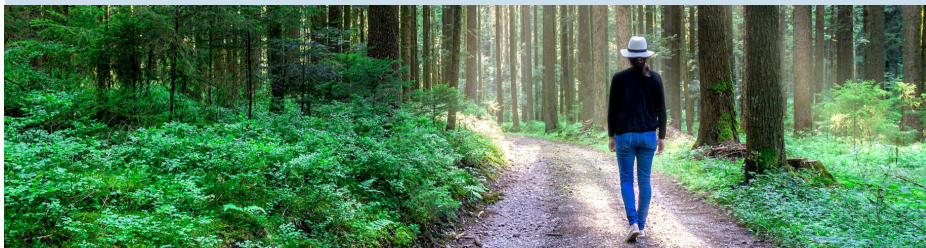


Resources to Support Heart Failure

These websites and videos have been selected to help you manage your heart health. Click on the blue-underlined website name to visit that resource page.

1. [BC's Heart Failure Network](#)
2. [Heart and Stroke Foundation](#)
3. [Heart Failure Information \(HealthLinkBC\)](#)
4. [Heart Failure Zones \(PDF Handout\)](#)
5. [Island Health's Heart Health Services](#)
6. [Living Well with Heart Failure Booklet](#)



Tips for Exercising

Exercise can help strengthen your heart and improve circulation, but it's important not to push yourself too far. Here are our tips:

- Avoid isometric actions that may strain your muscles, like push-ups and sit-ups.
- Only exercise outdoors when the conditions are right. Too much heat, cold or humidity may make physical activity too difficult.
- Stay hydrated within reason. Take a sip of water when you feel thirsty.
- If it doesn't feel right, it is OK to stop! Listen to your body and your doctor.

Staying Healthy

The following resources have been gathered to help support you in staying healthy.

I am struggling with...

- [eating healthy](#)
- [limiting fluid](#)
- [limiting sodium](#)
- [medications](#)
- [mental health](#)
- [sleeping](#)
- [staying physically active](#)
- [smoking](#)
- [travel](#)



Programs to Join

These programs will not only provide you with information and support but also connect you with others looking to improve their heart health.

- [Heart Health Services](#)
- [Island Heart to Heart](#)
- [Self-Management BC](#)