

## Cool Down Guide

### Information for patients

After completion of your exercise programme **you must** complete a cool down, and we recommend this lasts 10 minutes.

#### Why do I need to cool down?

- A cool down involves a gradual reduction in intensity of exercise, aiming to **gradually** bring down your heart rate and breathing rate back to resting levels.
- This is especially important for those taking cardiovascular medications as these can lower your heart rate and blood pressure. Any sudden stop in exercise may cause symptoms, such as dizziness or fainting.
- It also ensures a gradual reduction of adrenaline levels and reduces the risk of any abnormal heart rhythms.

#### Cool down

- Ideally the cool down should last 10 minutes and can include similar exercises to the warm up, however working in reverse.
- An example of a typical cool down can be seen below, spending 2 minutes on each exercise. You may also complete some of the stretches illustrated, if they are familiar to you, ensuring you hold each stretch for 10 seconds. Further advice can be gained from your CR practitioner.

1. Gentle marching on the spot	2. Shoulder rolls/shrugs
3. Toe taps in front	4. Heel digs in front
5. Slow shuttle walks	



Triceps



Upper back



Side flexors



Inner Thigh



Calf



Quads



Hamstring

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