

## Stroke Prevention Exercise Program – SPEP A Letter from Your Doctor

It has been a pleasure to work with you here at UW Hospital & Clinics. Now we would like to focus on helping you prevent a new stroke.

The American Heart Association suggests that people do 20-60 minutes of moderate effort exercise, 3-7 days per week to decrease the chances of having a new stroke. We here at UW Hospital & Clinics have created a special exercise program for people who have had strokes. The Stroke Prevention Exercise Program or “SPEP” (pronounced “S” PEP) has been designed to give you safe and fun exercise options to help prevent new strokes.

Keep in mind that exercise can help prevent heart attacks too. It can also increase energy, decrease depression, and help you have a more active lifestyle.

When you exercise with SPEP, your goal is to increase your effort slowly until both your heart rate and breathing increase. Keep exercising at that level of effort until it is time to cool down and stretch.

You can mix and match the type of workouts you do each day. You can also do parts of your workout at different times in the same day. For a 30-minute workout you can do:

- A 30-minute brisk walk.
- A 15-minute brisk walk and a 15-minute bike ride later in the day.
- A 10-minute brisk walk, a 10-minute bike ride to the pool, and 10-minutes of water walking while at the pool.

Any mix of workouts is fine. Your goal simply is to do 20-60 minutes of moderate effort exercise, 3-7 days per week. Because starting and sticking with an exercise program can be hard work, SPEP’s *Lifestyle Change Steps* offers simple guidance to help you be successful. You can also find exercise resources in your area using SPEP’s *Your County Resources*.

Be careful and always review SPEP’s *Exercise Safeguards* and *Signs of Exercising Too Hard* before your workouts. Do not exercise with SPEP until your doctor tells you it is safe to begin or resume a moderate effort exercise program.

Enjoy exercising with SPEP!

Justin Sattin, MD  
Stroke Program Medical Director

Marcus Chacon, MD  
UW Neurologist

Matthew Jensen, MD  
UW Neurologist