

A recent Case Western Reserve University longitudinal [study](#) determined that only about one-third of cardiac patients did regular heart-healthy exercises a year after their heart attack, bypass surgery, or angioplasty.

The research team followed 248 patients after they completed a 12-week cardio rehabilitation program to help train them to exercise. Exercise patterns were tracked through heart monitors worn by the patients.

After one year, only 37 percent of the patients were exercising even three times a week. Women were less likely than men to exercise, while younger men were more likely than women or older men to stick with their exercise program. "Many women traditionally put caretaking of their families before their health needs," lead investigator Mary Dolansky, an assistant professor of nursing, said.

"The downward trend [in exercise] over time concerns us, especially since current guidelines suggest exercising five times a week. It may be necessary to develop new interventions to help cardiac patients realize that they need to make regular exercise a lifelong habit."