THE HEART FAILURE PATIENT FOUNDATION

HOW TO EXERCISE SAFELY

When You Have Cardiac Amyloidosis

Cardiac amyloidosis makes your heart work harder, so being active can feel tough. You can still exercise safely if you follow your care team's advice. People with heart failure already have clear advice for exercise, but for people with cardiac amyloidosis, experts are still creating safe exercise guidelines.



Why does it take time to get advice on how to exercise for this health problem?

For any health problem where exercise may help, it takes time to know the safest way to exercise. Having cardiac amyloidosis can make exercise scary, especially if you feel worried or short of breath. Since this health problem is not simple, experts are still learning how to give clear advice. Your care team will guide you based on your signs and symptoms, how your heart works, and your general health.

What can you do to start being active?

Until there is clear advice, talk with your care team first, because they can help pick activities for you based on:

- the kind of amyloidosis you have
- your signs and symptoms
- your energy levels and what you can do
- how you like to exercise

Their advice for you is safer than following general exercise advice.

To help you exercise safely, your care team may tell you to:

- Start slowly and keep your exercise easy.
- Take many rest breaks.
- Stop right away if you feel dizzy, your chest hurts, or you cannot breathe well.
- Exercise with a friend or a “buddy” in case you overdo it.

Talk to your care team first before doing any of these activities:

- Light walking
- Riding an indoor bike
- Light strength training, using exercise bands, or chair exercises
- Stretching, yoga, or tai chi exercises
- Water exercise class

THE HEART FAILURE PATIENT FOUNDATION

HOW TO EXERCISE SAFELY

When You Have Cardiac Amyloidosis



Do not try any of these activities without talking to your care team:

- Running, jogging, or exercises that make it hard to breathe
- Lifting heavy weights
- Being active when it is hot indoors or outside

More advice for you once your care team gives you the "green light" to exercise:

- Pay attention to how you feel because your signs and symptoms might change from day to day.
- Take breaks while you exercise because it will help you exercise safely.

Remember:

- Even a little exercise can help you feel better and stay independent.
- Stay in touch with your care team.

References:

American Heart Association. (n.d.). American Heart Association recommendations for physical activity in adults. Retrieved February 11, 2026, from https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults

Centro Cardiologico Monzino. (2025, January 29). MECKI-Amyloidosis: Assessment of the exercise capacity and prognosis of patients with cardiac amyloidosis (ClinicalTrials.gov Identifier: NCT06799273). ClinicalTrials.gov. https://clinicaltrials.gov/study/NCT06799273

Gellen, B., Oghina, S., Wuliya, M., Ben Elhaj, H., Guendouz, S., Peyrot, S., Ennezat, P. V., Hittinger, L., Teiger, E., Ernande, L., Canoui-Poitrine, F., & Damy, T. (2023). Feasibility of prescribed exercise programs in the rehabilitation of patients with cardiac amyloidosis. European Rehabilitation Journal, 3(1). https://doi.org/10.52057/erj.v3i1.27

International Council for Harmonisation Good Clinical Practice. (n.d.). NCT06096675: Clinical trial record. Retrieved February 11, 2026, from https://ichgcp.net/clinical-trials-registry/NCT06096675

Plevritaki, A., Volaklis, K., Nakou, E., Davos, C., Kopidakis, I., Kallergis, E., Savva, E., Simantirakis, E., Aleksova, A., & Marketou, M. (2025). Functional Capacity Evaluation and Rehabilitation Strategies in Cardiac Amyloidosis: A Comprehensive Review. Journal of Clinical Medicine, 14(19), 7111. https://doi.org/10.3390/jcm14197111

Willixhofer, R., Contini, M., Emdin, M., Magrì, D., Bonomi, A., Salvioni, E., Celeste, F., Del Torto, A., Passino, C., Capelle, C. D. J., Arzilli, C., Fiori, E., Capra, N., Kronberger, C., Ermolaev, N., Kammerlander, A., Musumeci, B., Vergaro, G., Castiglione, V., Rettl, R., … Agostoni, P. (2025). Exercise limitations in amyloid cardiomyopathy assessed by cardiopulmonary exercise testing-A multicentre study. ESC heart failure, 12(2), 1326–1335. https://doi.org/10.1002/ehf2.15147

Author:
Annette Moore Hubbell, PhD, RN, MSN, CNS
Assistant Professor, Illinois State University, Mennonite College of Nursing, Normal, IL
Email: amoore3@ilstu.edu
Reviewers:
Chris Bell, ACNP, Tupelo, MS
Aiste Staraite, Lithuania
Millie Young, BSN, Lancaster, PA