



- Aerobic interval training for 12 weeks is clinically proven to reduce the burden of arrhythmia that is present in AFib patients
- In simple terms it means such a programme can reduce the frequency and severity of AFib episodes
- A well-designed exercise prescription can improve function in the compromised left atrial chamber
- It can also improve overall ventricular function in the heart
- Other associated benefits include a reduction in LDL (bad) cholesterol which helps to reduce the risk of your lipid profile
- Every AFib patient is different so it takes time to find the optimal intensity for your personalised exercise sessions
- The overall dosage of exercise per week needs to be defined with clarity and aligned to your goals and lifestyle
- Ultimately a personalised exercise prescription can enhance your overall quality of life
- As such, a medical exercise programme should be a key part of your overall management with cardiology and medical teams