

Table 1. Heart Failure Classification: disease progression and guide⁷

Disease Severity	Activity Guidelines	Electrocardiogram/ Blood Pressure Monitoring	Supervision Required
Class A: At high risk for HF but without structural heart disease or symptoms of HF (healthy individual)	No restriction	None required	None
Class B: Structural heart disease but without signs or symptoms of HF (known stable heart disease)	Individualized exercise prescription	Only during prescriptive exercise	Medical supervision during prescriptive sessions and nonmedical supervision for other exercise
Class C: Structural heart disease with prior or current symptoms of HF (Known stable heart disease and unable to self-regulate activity level)	Individualized exercise prescription and supervised by CPR-trained person	Only during prescriptive exercise	Medical supervision during prescriptive sessions and nonmedical supervision for other exercise
Class D: Refractory HF requiring specialized interventions (Moderate to high risk for complications during exercise)	Individualized exercise prescription	Continuous during rehabilitation sessions	Medical supervision during all rehabilitation sessions