

TAKE CHARGE OF YOUR HEALTH

# Exercise Your Way to a Healthier Heart

Did you know that exercising regularly can help you fight off chronic conditions like heart disease? According to the American Heart Association, you should incorporate these three exercises into your routine to improve your heart health:



## **Aerobic activity**

Get at least 150 minutes of moderate-intensity aerobic activity (e.g., briskly walking) or 75 minutes of vigorous-intensity aerobic activity (e.g., running) every week.



## **Muscle strengthening**

Incorporate muscle-strengthening exercises at least two days a week. For the purposes of general training, focus on two to three upper body and lower body exercises. Abdominal exercises are an important part of strength training as well.



## **Flexibility training**

Flexibility training is important too, but it is frequently neglected, resulting in increased tightness as you age and become less active.

This infographic is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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