

BEST EXERCISES FOR HEART HEALTH



Losing weight is great, but the crucial benefit of exercise is keeping a healthy heart. These exercises will help keep your heart strong and reduce your risk of heart disease and stroke.

AEROBICS (CARDIO)

Improves circulation, lowers blood pressure, helps control blood sugar level. The CDC recommends that every adult should get at least:

2 hours and 30 minutes of moderate-intensity aerobic exercise a week:

- walking briskly
- biking on flat terrain
- recreational swimming
- gardening/yard work
- dancing

OR

1 hour and 15 minutes of vigorous-intensity aerobic exercise a week:

- jogging
- biking 10 mph or faster
- swimming laps
- playing sports
- hiking uphill

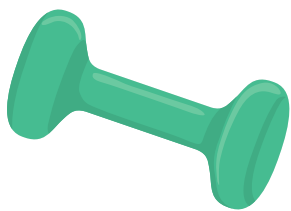


STRENGTH TRAINING

Combined with aerobics, helps raise good cholesterol and lower bad cholesterol. The CDC and American Heart Association recommends you strength train at least twice a week.

Strength training sessions should work all major muscle groups: arms, legs, hips, chest, shoulders, abs, and back. Aim for 1-3 sets of 8-12 reps:

- lifting free weights
- using resistance bands
- doing pushups, situps, and squats



FLEXIBILITY

Doesn't influence heart directly, but makes it easier to do the physical activities that are necessary for a healthy heart.

Can be done anytime, anywhere. Yoga, tai chi, and Pilates improve flexibility and balance, while decreasing your chances of getting cramps, joint aches and muscle pain while working out.

