

Exercise for a Healthy Heart

Maintaining a healthy weight through exercise is good for your heart. Exercising 30 minutes each day is a great goal.

A heart-healthy workout program may include cardiovascular exercises and resistance exercises for endurance and strength. **Always talk to your doctor before starting an exercise program.** Here are some ideas to get you moving.

CARDIOVASCULAR EXERCISE

Your doctor may recommend cardiovascular exercise, such as walking. Walking is a great way to get in shape. The following guidelines will help you establish a safe and effective routine:



- Choose comfortable shoes, thick socks, and loose fitting clothes
- Try to walk at least 3 times per week, increasing your speed and distance each time
- Be mindful of your posture when you walk
- Carry a water bottle and drink from it regularly, especially on hot days
- Try to walk on soft dirt or grass when possible
- Avoid extreme temperatures. Try walking in a mall, indoor track, or on a treadmill

Dancing, swimming, jogging, stair climbing, and cycling are other great ways to stay active.

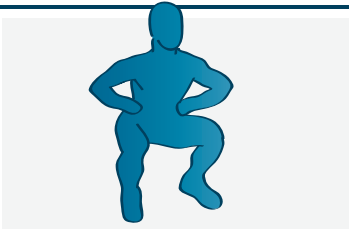
RESISTANCE EXERCISE

Your doctor may recommend resistance exercise. Resistance exercise involves repeated muscle contractions to increase strength. These exercises can be done at home. Start with a single set of 12 repetitions. Over time you can progress to 2 or 3 sets for each exercise.



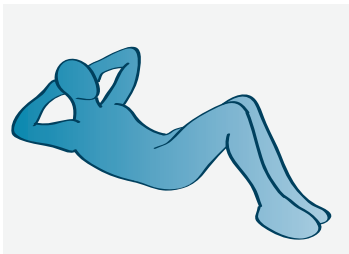
Leg lunge

1. Place right foot forward while left foot is behind body about 1 stride-length apart
2. Flexing the left foot, slowly sink down. This will encourage the right knee to bend
3. Put weight on the heel of your front foot to work the buttock muscle most effectively
4. Return to starting position and work with other leg



Standing squat

1. Stand and keep back straight
2. Put hands on hips
3. Lean slightly forward
4. Bend knees and lower upper body
5. Be sure to keep heels on floor



Abdominal crunch

1. Lie on back and bend knees with feet flat on the floor
2. Place hands by ears
3. Keeping lower back on the floor, curl shoulders forward by slowly lifting head, shoulders, and upper back
4. Breathe out as you lift and breathe in as you lower down to tense abdominal muscles
5. Hold each repetition for 4 to 5 seconds

Remember: Be sure to check with your doctor before starting any exercise program.