

WINNING AGAINST HEART DISEASE



How Exercise can Improve Heart Health

Regular exercise can improve heart health for those with or at risk for heart disease. When you have heart disease, it is even more important to get regular exercise. Exercise can help your heart grow stronger and work better.

Your heart is a muscle. When you use it during exercise, it gets stronger and more efficient — pumping more blood and oxygen to the rest of the body.

Before you start an exercise program, talk to your doctor to discuss your options and create a plan that is safe and most effective for you. Your physician can also teach you how to check your heart rate, and how fast your heart rate should be during exercise.

Aerobics, Stretching, And Strength Training: Three Kinds Of Exercises Everyone Needs To Stay Healthy

Aerobic Exercise

Aerobic exercise increases your breathing rate and pulse. Walking, riding a bike, and swimming are good examples of aerobic exercise.

Stretching

Stretching helps you stay flexible, relieves tension, and may help prevent injuries. Stretching for 10-15 minutes before exercise helps to warm up your muscles.

Strength Training

Strength training helps to strengthen your muscles, bones, and joints. Exercising using light weights can help tone and strengthen your muscles.



THE “TALK-SING” TEST

Using the “talk-sing” test is an easy way to see if you are exercising at the right pace. You should be able to talk while exercising. If you are short of breath- SLOW DOWN. If you can sing while exercising, pick up the pace a little.

As always, do not exercise outdoors when it is very cold, very hot, or very humid.



The Right Shoes Can Help Prevent Toe, Foot, and Ankle Injuries

- Get fitted at an athletic shoe store
- Choose a shoe that conforms closely to the shape of your forefoot (the widest part of the foot)
- Look for roomy footwear with enough room for your toes and the ball of your foot
- Look for shoes made of a material with “give” that stretch
- Look for shoes without seams to prevent rubbing or irritation of the foot
- Always wear socks



Getting Started

- Start Slowly
- Find a Partner
- Choose a type of exercise you enjoy
- Check your heart rate often
- Remember to have fun!

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