



Keep Your Heart Healthy Through Exercise

Did you know that exercising regularly could help you fight off chronic conditions and diseases? Exercise can help control your blood pressure, blood sugar and weight, raise your “good” cholesterol, and prevent diseases such as cancer, Type 2 diabetes and heart disease. According to the AHA, you should do these three exercises 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.

Fast Facts About Your Heart

Over 750,000 Americans die each year due to heart disease.
That's one death every 40 seconds.

