



EAT RIGHT

F O R L I F E

Become More Healthy...Exercise

Why should you exercise?

Exercise keeps you strong, active and healthy. It is fun and should be a part of your life. Exercise can lower your blood cholesterol number. Exercise also helps control high blood pressure, diabetes and your weight.

What activities are good for your heart?

Be active whenever you can:

- Take the stairs rather than the elevator.
- Park farther away and walk.
- Get up and move around if you work at a desk.
- Walk during lunch.
- Exercise — walk, run, play sports, dance.

Heart healthy exercises must:

- Make your heart beat faster and make you breathe faster.
- Be done for 30 to 60 minutes without stopping.
- Be done on most days of the week.

Walking is one of the best and easiest heart healthy exercises. Playing sports, dancing, running, bicycling, aerobics, and swimming are good, too.

Exercise should be a part of your life

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Walking for a healthy heart.

Begin slowly. Begin by walking 10 or 15 minutes three or four times the first week. Set a goal and walk a little more each week. You may want to work up to a 30 minute walk 6 days a week. Or maybe you want to walk 30 minutes every day of the week. Always check with your doctor before starting any exercise program.

Stretch and walk slowly for the first and last five minutes. Stretching and walking slowly help your heart to warm up and cool down.

Listen to your body. If you have any health problems, talk to you doctor about walking for a healthy heart. If you get breathless, dizzy, or have unusual pains when you are walking, slow down or stop. If the problem does not go away, see your doctor.

Begin your walking program. If you begin and then miss a few weeks, it's okay. Start again. You are healthier than before you started your walking.

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Take your health seriously

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