

PHYSICAL ACTIVITY AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA



Taking 30 minutes a day to move is great for your health, including your heart health. It improves your **mood**, promotes **better sleep**, and gives you **more energy**.



The **risk** to your health from **not exercising** is the same as having **high cholesterol** or **high blood pressure**, as well as **smoking regularly**.

BENEFITS OF PHYSICAL ACTIVITY



PHYSICAL ACTIVITY HELPS:

- Boost self-esteem and confidence
- Improve fitness
- Maintain a healthy body weight
- Learn new skills

PHYSICAL ACTIVITY CAN LOWER THE RISK OF:



- Heart disease
- Some cancers
- Osteoporosis
- Diabetes
- Obesity
- High blood pressure
- Stress and anxiety



BEING PHYSICALLY ACTIVE:

- Lowers LDL ("lousy") cholesterol and triglycerides
- Increases HDL ("healthy") cholesterol
- Helps control blood sugar
- Lowers body fat
- Lowers blood pressure

WHAT CAN I DO?



Cardio (aerobic exercise) has the most benefit for your heart by lowering your blood pressure and blood cholesterol.



Weight training (resistance exercise) works with cardio to help strengthen your muscles, including your heart.



Stretching (flexibility exercise) reduces muscle tension and improves the circulation of your blood.



Move more, sit less. Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.



If you are not sure where to start, talk to your **healthcare provider** about options that would be right for you.

GET MOVING!



Walk with friends



Take a class



Play with your pets



Make exercise family time



Take the stairs



Count your steps



Get outdoors



Download the top 5 questions to ask your healthcare provider at yourheart.ca