

*Brought to you by the South Heartland District Health Department
Healthy People in Healthy Communities*



Keep Your Heart Healthy

Being physically active is a major step toward good heart health. It's one of your most effective tools for strengthening the heart muscle, keeping your weight under control and warding off the artery damage from high cholesterol, high blood sugar and high blood pressure that can lead to heart attack or stroke.

Types of exercises and how they benefit your health:

- Aerobic
 - Improves circulation which lowers blood pressure and heart rate. Also reduces risk of type 2 diabetes (and if you already have diabetes, it can help you control your blood glucose).
 - You can do this by brisk walking, swimming, running, cycling, playing tennis, and jumping rope (for at least 30 minutes, five days a week).
- Resistance training
 - Can help reduce fat and create leaner muscle mass, as well as may help raise good cholesterol and lower bad cholesterol.
 - Work out with hand weights, dumbbells or barbells; with resistance bands; push-ups, sit-ups, squats, and chin-ups (do at least two days a week).
- Stretching, flexibility & balance
 - Stretching and/or flexibility workouts can help benefit musculoskeletal health, helping you stay flexible and free of joint pain.
 - Good skeletal health can lead to being able to do other exercises (as listed above), which keep your heart healthy (Do this every day and before and after other exercises).
 - Tai chi and yoga can help improve good skeletal health.

