

LET'S GET MOVING

TIPS FOR MAKING PHYSICAL ACTIVITY ROUTINE

ARKANSAS
HEART HOSPITAL®

Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk by simply moving more. Many types of activity can help your heart - taking the stairs, biking to the store, wheeling yourself in your wheelchair. Find what works best for you.

HOW MUCH IS ENOUGH?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2 1/2 hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.



CAN'T CARVE OUT A LOT OF TIME IN YOUR DAY?

DON'T **CHUCK** YOUR GOAL, **CHUNK** IT!
TRY 10 MINUTES A FEW TIMES A DAY, FOR EXAMPLE.

ONLY HAVE 10 MINUTES? CONSIDER THESE OPTIONS.



WALKING BRISKLY FOR 5 MINUTES, TURNING AROUND & WALKING BACK



DANCING (STANDING OR SEATED) TO THREE SONGS



GETTING OFF YOUR BUS EARLY & WALKING THE LAST STRETCH

You'll know you're moving enough to help your heart if:

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat

Or, try the talk test

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath

WHY MOVE MORE?

- Being active can:
- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active.

GET STRONG

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.



ALL ADULTS SHOULD AVOID INACTIVITY. START GRADUALLY AND INCREASE SLOWLY.

HEART MONTH