

# Hearti-FACTS

## Why Exercise and How?

Inactive people are nearly *twice as likely* to develop heart disease as those who are active! But physical inactivity is one of the major risk factors you can control.

### IF YOU EXERCISE REGULARLY, YOU WILL—

- ✓ lose excess weight
- ✓ lower blood pressure
- ✓ lower your risk of depression
- ✓ improve cholesterol numbers
- ✓ reduce your risk of developing diabetes

People of all ages benefit from physical activity!

All those benefits mean **SIGNIFICANTLY REDUCING YOUR RISK** for **HEART ATTACK** and **STROKE**.

here's **HOW**

### SET A GOAL

#### Adults

30 minutes of moderate activity most days



#### Children

60 minutes of play with moderate to vigorous activity every day



### CHOOSE YOUR ACTIVITIES

Dance, garden, golf, hike, lift weights, play sports, practice yoga, ride a bike, rollerskate, run, swim, walk...



### DID YOU KNOW

A 154-pound person can burn

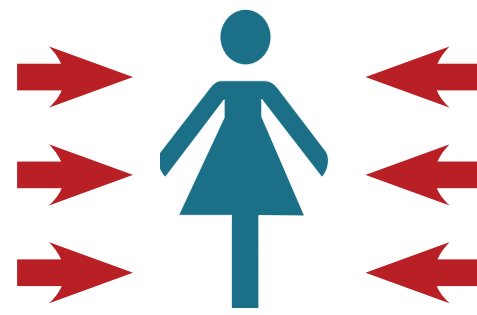
**460 calories** in an hour

just by

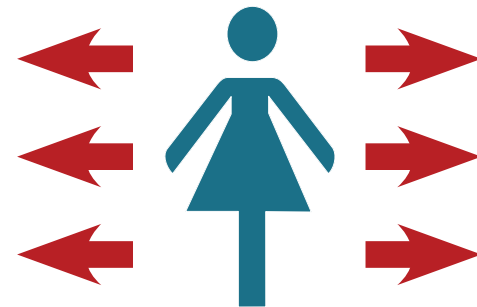
**WALKING BRISKLY.**

### UNDERSTAND ENERGY BALANCE

**Energy in** = calories you take in from food and drink



**Energy out** = calories you burn doing daily activities



Combine a healthful diet with physical activity to achieve the balance

**energy in = energy out**



### DO ALL 3 TYPES OF EXERCISE

# 1

#### AEROBIC ACTIVITY

Exerts large muscle groups and uses more oxygen. Also called cardiovascular exercise or “cardio” because it most benefits the heart.

# 2

#### STRENGTH TRAINING

Tones muscles and improves bone strength, balance, and coordination. Muscles burn more calories, helping you maintain a heart-healthy weight.

# 3

#### FLEXIBILITY EXERCISES

Stretch your muscles and improve joint health. Flexibility gives you the freedom to comfortably increase your physical activity level.

## GET MOVING

Walk with friends **Take a class**

MAKE EXERCISE *family* TIME

TAKE THE Play with your kids or your pets

STAIRS

Count your steps

**GET OUTDOORS**