

## ♥ Health Minute

Pump it up...

Exercise is an important way to improve the condition of your heart. Regular exercise lowers your resting heart rate, making your heart more efficient. In order for exercise to be effective, the activity you choose must get your heart rate up and keep it up for the duration of the exercise. Before beginning an exercise program, it is important to consult with your doctor. Your doctor can also be a good source of information and support as you continue your exercise program.



Think FIT	Top ten reasons to exercise
<ul style="list-style-type: none"><li>♥ Frequency – how often you exercise. For beginners, start with 2-3 times per week. Work up to 5-6 days/week.</li><li>♥ Intensity – how hard you exercise. The pace of how you walk, bike, or swim. You should break a light sweat but still be able to talk without getting out of breath.</li><li>♥ Time – how long you exercise. Start with 10-15 minutes and work your way to 45.</li></ul> <p style="text-align: center;">♥</p>	<ol style="list-style-type: none"><li>1. Gives you more energy.</li><li>2. Helps in coping with stress.</li><li>3. Helps counter anxiety and depression.</li><li>4. Improves the ability to fall asleep quickly and sleep well.</li><li>5. Easy way to share activity with friends or meet new people.</li><li>6. Tones your muscles.</li><li>7. Builds stamina for other physical activities.</li><li>8. Reduces the chance for a second heart attack.</li><li>9. Lowers blood pressure.</li><li>10. Helps your heart and lungs work more efficiently.</li></ol>