

6 Ways Regular Physical Activity Benefits Your Heart

Like any muscle, **your heart needs regular activity to stay strong and healthy.**
The good news? Simple movements every day can go a long way.
Some proven **heart benefits of being active:**

1

Strengthens your heart muscle

Helps it pump better and
relax more between beats



2

Lowers your risk of a heart attack or stroke

By as much as 20-40%



3

Lowers blood pressure Often by as much as some medications do



4

Improves cholesterol Helps keep blood flowing smoothly



5

Helps control weight and blood sugar Improves muscle health, trims belly fat too



6

Boosts mood, promotes sleep, and reduces stress and inflammation Benefits your heart and mental health too!



Regular physical activity
also helps you

- ▶ Look and feel your best
- ▶ Stay fit
- ▶ Maintain balance
- ▶ Live longer

Move more for a healthier heart!

Aim to:



Sit less, take more steps.



Get 150 minutes a week –
10-minute bursts count!



Add muscle strengthening
2 days a week.

For more information, visit ***CardioSmart.org/MoveMore***

@ACCinTouch #CardioSmart