

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



Regular physical activity also helps you

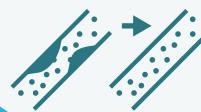
- Look and feel your best
- Stay fit
- Maintain balance
- Live longer



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!



Move more for a healthier heart!



Sit less, take more steps.



Get your heart pumping with 150 minutes of activity a week.



Add muscle strengthening 2 days a week.



For more information, visit CardioSmart.org/MoveMore

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