

# 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!**



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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