ACTIVE AND MINDFUL LIVING

Physical activity & stress reduction can help prevent or manage heart disease.

WHY you should get moving...

- Supports a stronger heart
- Improves circulation
- Lifts mood & self-esteem
- Promotes sleep
- Lowers blood cholesterol, pressure & sugar
- Decreases the need for medications in some cases
- Helps manage weight
- Reduces stress

MODERATE EXERCISE can be as simple as

- Dancing
- Brisk Walking
- Gardening
- Household chores such as vacuuming

How you can REDUCE STRESS

- Breathing Exercises
- Meditation
- Progressive Muscle Relaxation
- Soothing Music
- Yoga

For more information, visit CardioSmart.org/HealthyLiving

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