

Heart Health 2

February is Heart Health month!

This is the 2nd week of 4 in which we provide you with information on how to contribute to your heart health.

DAILY Physical Activity!! Why?

Everyone benefits from exercise, regardless of age, sex, weight or physical ability. No matter what, being active boosts HDL, the "good" cholesterol, and it decreases unhealthy triglycerides. It keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

The recommendation is to get at least 150 minutes of exercise spread out over the week, and to include strength training exercises at least two times a week. Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefits.

How to make Physical Activity an every day routine

- ⇒ Build exercise into what you are already doing
Some ideas; Before you get out of bed, do some leg raises. While making breakfast do 10 squats and toe raises. When you are about to sit down or stand up, do it 10 times. When you watch TV pump your feet (sewing machine), do bicep curls with your water bottle, and leg extensions. Instead of elevator take the stairs one or more floors. Get on or off the bus one stop away from yours. Walk between stores instead of driving.
- ⇒ Make a list of what you like, find it and make a schedule
If you don't like it, you won't do it! So to make your routine sustainable, ask yourself WHAT you want your activity to be. Do you prefer your exercise to be indoor or outdoor, by myself or with other people, at home or at a facility, online or live, or something else. Then, figure out HOW; where, when, cost, do I register? Now you can make a schedule, one that you can stick to.
- ⇒ Find someone to do it together with (online or live)
Accountability is key. If you don't trust yourself to stick to what you set out to do, find someone to do it with. You do not have to do the same thing, or even together, but to have to tell someone you did it can be a big help.
- ⇒ Variety
Mix it up as to not get bored. Maybe online SAIL or other fitness classes online or live, go for a walk, swim, dance, stretch, Tai Chi, Yoga.

Next week we will talk about what a healthy diet is and how to incorporate it into YOUR life.