

Moving for a healthy heart

Be active for 30 minutes each day. Your body will thank you!
Don't have 30 minutes? Try 10 minutes, 3 different times.

Why should I get active?

Think activity is just for losing weight? Nope! There's much more to it.

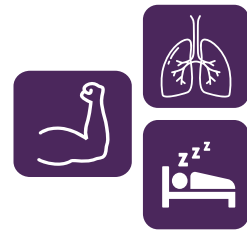
Getting active is the closest thing to a magic pill. Medical research shows that it can lower your chance of many serious diseases, including:

- Heart disease
- Cancer, including breast, colon, and uterus cancers
- Type 2 diabetes



It can also:

- Make your bones and muscles stronger
- Help your lungs work better
- Help you stay more relaxed and better able to deal with stress
- Prevent falls in older adults by improving balance
- Help you sleep better and live longer



How can I be active and not hurt myself?

It's safe for most people to start with moderate activity, such as brisk walking, gardening and yard work, hiking, and dancing.



You're more likely to hurt yourself if you go from not getting much activity to doing something hard, such as shoveling snow. So, start slow and work towards something harder.

You'll need to talk to your doctor before you start any activity if you:

- Are over age 50 and don't currently do any activity
- Have a heart condition, chest pain in the last month, or have had a heart attack
- Have a parent or sibling who had heart disease at an early age
- Have any chronic (long-term) health problems, such as arthritis or diabetes
- Get dizzy or lose your balance easily
- Have a hard time catching your breath after mild activity
- Take any medicines

How should I start?



Make it fun! Pick an activity that you like to do and do it! Do any of these options sound good to you? Check the box if you'd like to try it.

- | | |
|--|---|
| <input type="checkbox"/> Walking or jogging in your neighborhood  | <input type="checkbox"/> Playing a sport like pickleball, volleyball, or soccer  |
| <input type="checkbox"/> Swimming laps  | <input type="checkbox"/> Gardening or yard work  |
| <input type="checkbox"/> Dancing  | <input type="checkbox"/> Hiking  |
| <input type="checkbox"/> Jumping rope  | <input type="checkbox"/> Going on a bike ride  |
| <input type="checkbox"/> Finding an activity buddy  | <input type="checkbox"/> Other: _____ |

Try the talk test!

To tell how intense your activity level is, try the talk test during the activity:

- Medium-intensity = you can talk, but can't sing
- High-intensity = you can't say more than a few words without pausing for breath

My activity calendar

☆ **Goal:** In the next 3 weeks, try to get 30 minutes of exercise at least 5 days each week. For each day, write what you did and for how many minutes.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ |
| Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ |
| Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ | Activity: _____ Min: _____ |



At the end of the 3 weeks, **celebrate your success**. Even if you didn't meet your goal, any activity is better than none!