

Exercise for Heart Health

February is American Heart Month, sponsored annually by the American Heart Association to raise awareness of heart disease across the nation. Heart Disease is the #1 killer in women. It accounts for more deaths in women than all cancers combined.

Family history and age are risks that affect the likelihood of the disease, but the good news is that there are some risks of heart disease that can be reduced. Manageable risks that contribute to heart disease include high blood pressure, high cholesterol, diabetes, and smoking. You can reduce your risk by managing your health and making healthy lifestyle changes. Everyone is capable of enriching their own lives by making smart choices: Eating right, Exercising and Do Not Smoke.

Lack of exercise is one of the highest risk factors to heart disease. Exercise programs like Live 2 B Healthy® are known to reduce these risks; it improves your weight, blood pressure, cholesterol, and blood sugar.

"It is well documented that improved blood flow, as can be accomplished by exercise in Mary's case, stimulates the healing process. I have encouraged her to continue with her current exercise program, Live 2 B Healthy®."

~ Mary Farly, MD



Exercise helps your heart by:

- ❖ Strengthening the heart muscle and cardiovascular system
- ❖ Making the heart more efficient
- ❖ Improving the flow of blood to the heart muscle
- ❖ Improving the heart's ability to handle stress
- ❖ Improving heart failure symptoms

The American Heart Association recommends at least 2 ½ hours of moderate intensity aerobic exercise a week. In addition to aerobic activities, your exercise regimen should include stretching and strengthening activities. Your exercises should be personalized and tailored to your abilities as well as progression of your frequency, duration, and intensity.

Get involved in raising awareness of this epidemic by educating yourself on the disease as well as preventative tips. Learn how to exercise safely and correctly. If possible, seek help from a certified exercise instructor who can develop a customized wellness program to meet your health and fitness goals.

Live 2 B Healthy® encourages wellness in all facets of health including exercise and nutrition. Our programs promote participants to live a healthier lifestyle through education, fitness, and community. Contact me to learn more:

Contact Name: _____

E-Mail: _____

Phone#: _____

