

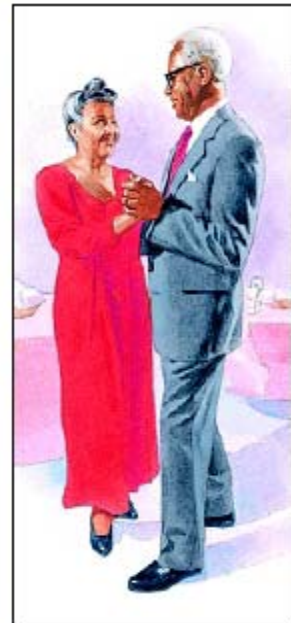
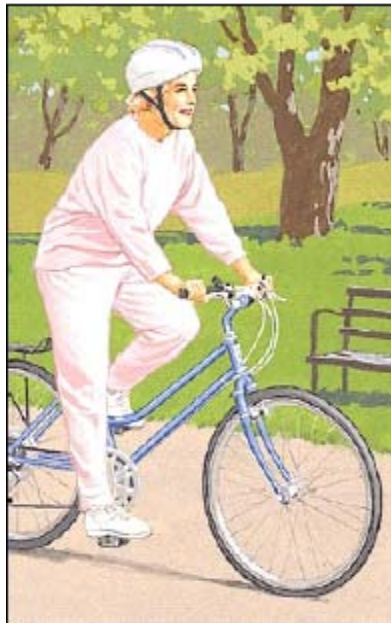
Exercise for a Healthy Heart

Exercise is a lot more than an energy booster and a stress reliever. It also strengthens your heart muscle, lowers your blood pressure and blood cholesterol, and burns calories.

Choose an Aerobic Activity

Choose a nonstop activity that makes your heart and lungs work harder than they do when you rest or walk normally. This aerobic exercise can improve the way your heart and other muscles use oxygen. Make it fun by exercising with a friend and choosing an activity you enjoy. Here are some ideas:

- Walking
- Swimming
- Bicycling
- Stair climbing
- Dancing
- Jogging



Exercise Regularly

If you haven't been exercising regularly, get your doctor's okay first. Then start slowly. Here are some tips:

1. Begin exercising 3 times a week for 5–10 minutes at a time.
2. When you feel comfortable, add a few minutes each week.
3. Slowly build up to exercising 3–4 times each week for 20–40 minutes.

Exercising Safely

- Exercise indoors when it's too hot or too cold outside, or when the air quality is poor. Try walking at a shopping mall.
- Drink plenty of water before, during, and after exercise.
- Check your pace. You should be able to talk without being out of breath.
- If you use medication for angina, always carry it with you.
- Don't exercise on days when you are ill or if you forget to take your medications.

Stop Exercising and Call Your Doctor if You:

- Have chest pain or feel dizzy or lightheaded
- Feel burning, tightness, pressure, or heaviness in your chest, neck, shoulders, back, or arms
- Have unusual shortness of breath
- Have unusual increased joint or muscle pain

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