



DO YOU HAVE 30 MINUTES A DAY TO DEDICATE TO YOUR HEART HEALTH?

Honestly, that's all it takes! Just 30 minutes of moderate-intensity activity per day is enough to make a significant difference in your heart's overall health — and in your body's health as a whole. Give it a try!

With just 30 minutes every day, you'll feel a difference:

- Reduced risk of stroke (by 20 percent!)
- Reduced coronary heart disease (by 30-40% in women)
- Improved blood circulation
- Better management of high blood pressure
- Improved cholesterol levels
- Better weight control
- Improved stress management
- Increased energy level
- Improved sleep (fall asleep faster and more soundly)
- Delayed chronic illness and disease associated with older age
- Reduced bone loss and deterioration

Not sure how to start?

It's easy to be overwhelmed by your exercise options, but it's more manageable to just start with the basics.

- A brisk walk is a good way to get some fresh air and still get your exercise in.
- A bicycle ride where you're averaging 10-12mph is fun and speedier than walking.
- Recreational badminton or tennis with doubles can encourage exercise *and* friendly competition!
- Water aerobics and swimming help to cool you down — plus the water provides extra resistance!
- In some cases, even housecleaning (as long as you're moving enough to break a sweat) is enough to count as some moderate exercise — and if you put on some music, it might even be fun!

DID YOU KNOW

Regular exercise can help you quit smoking? Exercise helps decrease cravings and withdrawal symptoms, and aerobic exercise is especially good for helping you reduce the urge to smoke.



Sources: Go Red for Women, Everyday Health