



Move to the beat

Exercise for a healthy heart

One of the most important things you can do for your heart is increase your physical activity. It may seem obvious, but doing so can lower your risk for heart disease. It can also help you think, feel and sleep better, and perform daily tasks more easily.¹

Best of all, you can find ways to stay active almost anywhere — for free.

¹ American Heart Association. American Heart Association recommendations for physical activity in adults and kids. April 18, 2018. Available at: [Heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults](https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults) Accessed September 28, 2020.

Find ways to be active every day

Whether you're indoors or outdoors, now's your chance to get creative!



REMEMBER TO STRETCH

Stretch all the major muscle groups regularly, including your arms, back, hips, thighs and calves. Try to hold each stretch for 15 to 30 seconds.

BUILD YOUR STRENGTH

Do basic muscle toning exercises such as push-ups and leg lifts. Or try weight lifting using objects around the house.

DO AEROBIC EXERCISES

Aim to do moderate activity for at least 2½ hours a week.

- Dance to your favorite songs.
- Sweep or vacuum the house.
- Work in your yard.

Or try vigorous activity for at least 1¼ hours a week.

- Join an online fitness class.
- Go for a jog.
- Hike an outdoor trail.



**Talk to your doctor about safe ways
for you to be physically active.**

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