



HAVE A HEART PROGRAM

Here's to Health

Exercise

For a healthier heart, American Heart Association recommends at least 120 minutes of moderate to vigorous aerobic exercise a week.

You can break this into short stents such as 40 minutes, three days a week, or 25 minutes, five days a week. Activities like a brisk walk, swimming, biking, hiking and dancing are great options to get you moving during the week.

Use your imagination to get moving to get your heart pumping more often, that is the goal.

Remember not only is exercise good for your heart, it also increases muscle tone to protect your bones and reduces stress, improving your mood.

You can do this!

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