Move More for Heart Health

Responsible for moving about 2,000 gallons of blood every day, the heart is one of the most important muscles in the body. A strong, healthy heart can help lower blood pressure and cholesterol, improve blood flow, and prevent heart disease and stroke.

What is the best exercise for your heart? The American Heart Association recommends combining aerobic exercise (walking, gardening, swimming) with strength training (weight lifting, resistance training) to produce the greatest benefit for overall heart health. According to Dr. Levine at UT Southwestern Medical Center, he recommends just keep moving and varying the type and intensity of your exercises each day.

Weekly Workout for a Strong Heart

Making exercise part of your daily routine and finding activities you enjoy can help keep you motivated and moving more every day. *Consult with your doctor about the best way to add activity to your lifestyle.*

SOCIAL EXERCISE	STRENGTH TRAINING	HIGH-INTENSITY CARDIO	FLEXIBILITY EXERCISE
DAY 1 1 HOUR	**DAYS 2 & 3 30-40 MIN**	**DAY 4 20-30 MIN**	**DAY 5 30 MIN**
pickleball, dancing, golf, tennis, horseshoes	group exercise class, weight machines, hand weights	stationary bike, walking, water aerobics, climbing stairs	tai chi, yoga, stretching

Therapy Can Help You Stay Active

Exercise is extremely important in managing your health and many common symptoms of aging. Physical therapists can help teach you how to exercise appropriately for joint mobility, muscle strength, and fitness. Occupational therapists can help you safely do the things you want to do, stay active and live well despite limitations.

Talk to Your Doctor Today About the Benefits of Physical and Occupational Therapy!

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