

Heart Healthy Exercise

Exercising for heart health doesn't have to be difficult. In fact, it can be as simple as 1 – 2 – 3!

1. **MOVE** – Move for 30 minutes per day, 5 days per week. This can be broken into smaller increments throughout the day.
2. **GET YOUR HEART RATE UP** – Get your heart rate up. For most people, the ideal range is between 110-150. Sustain that range for the duration of your 30 minutes. Fitness trackers are great tools to help monitor your heart rate. Some exercise machines also offer a heart rate monitor option.
3. **HAVE FUN** -- Walking, bicycling, and swimming are all great aerobic activities to help strengthen your heart. Other fun and effective activities include dancing, spinning, step, pilates, and circuit training. Ask a friend to join you, and change your routine up so that it doesn't become boring.

*Consult your physician before beginning any exercise regimen.

