

Being active is important for your Heart Disease

What good things could being more active do for you?



Makes you live longer



Improves energy, fitness and quality of life



Improves blood flow around the body



Helps prevent early death and hospital admissions

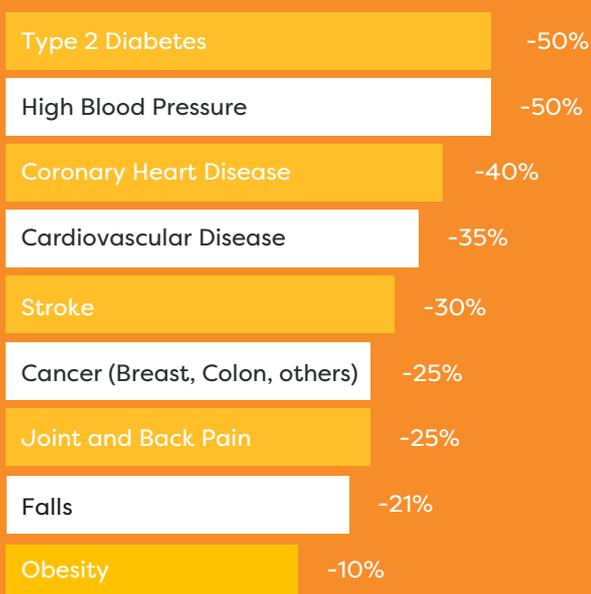


Helps prevent fatigue and stress



Lowers risk factors e.g. diabetes, high blood pressure

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve my energy levels?



You feel less fatigue

You undertake regular exercise



Your heart and other muscles become conditioned

It becomes easier for yourself

Follow these Top Tips to keep you active:

1

Aim for moderate-intensity activity. This is activity that makes you feel warmer and breathe harder, and makes your heart beat faster than usual, but you should still be able to carry on a conversation.

2

Aim for 150 minutes (2 and a half hours) of activity a week, split into 4-5 sessions.

3

If you've recently had a heart attack, angina, a coronary angioplasty or heart surgery, it's important that you start slowly, and gradually build up to this level of activity over time.

4

Attending a cardiac rehab programme is the best way of making sure that you exercise at a level that's safe for you.

5

Regular, moderate-intensity activity is better than occasional bursts of vigorous activity.

6

Join local heart support groups and community exercise and activity groups.

7

Tell your friends and family how you are trying to be more physically active. They may provide important moral support (as changing your habits is not easy) and may also be able to help you make time by helping out with childcare.

8

Use the Moving Medicine workbook to help you make a plan. Pedometers and smartphones can be great for monitoring your steps.

9

Be realistic – some days will feel easier than others, and this is normal. Aim to build more movement and less sitting time into your normal life.

Build activity into everyday life:

