

Exercise Tip Sheet

Exercising to Improve Your Heart Health

Some people who have had a heart attack may feel they can no longer live an active life or may worry about having another heart attack. But here's the good news: an exercise routine may give you more energy, lower your blood pressure and help protect your heart. Exercise may also help people feel more positive, confident and deal better with stress.

Before beginning this or any program, speak with your doctor about your individual needs and limits. Your doctor also can provide you with more information on medications that may protect and strengthen your heart. The exercises below are a few ideas to help you get started. Bring this sheet to your next doctor's visit and find out if any of these activities are right for you!

- Warm up
- Walking
- Swimming
- Biking
- Stair climbing
- Resistance exercises
- Resistance exercises with thera-band
- Resistance exercises with soup cans
- Exercises with a towel
- Stretching with a broomstick
- Cool down

Visit HeartfeltForLife.com for more information.

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