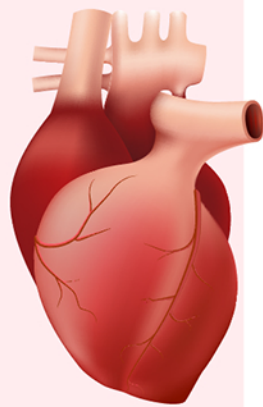


EXERCISE & HEART DISEASE

Benefits of Exercise in Heart Disease:



- Your heart *pumps more blood* with minimal strain
- Reduces the *risk of heart disease*
- Slows in *heart disease progression*
- Lowers your *risk of stroke*
- Lower your *blood pressure*
- Reduce *LDL* "bad" cholesterol
- Boost your *HDL* "good" cholesterol
- Reduces your *resting heart rate*
- Reduces *arterial inflammation*
- Helps with *weight loss*



HOW MUCH should you exercise?



At least

150 minutes a week

of moderate-intensity activity
(brisk walking)

HOW OFTEN should you exercise?



30 minutes a day,
at least
5 days a week.

What is meant by MODERATE-INTENSITY ACTIVITY?

- Brisk walking
- Cycling
- Gardening
- Housework
- Ballroom dancing
- Skateboarding



** Consult your doctor before you start exercising.*

Cardio-HART™

Breakthrough cardiac diagnostics for
the early detection of Cardio-Vascular Disease [CVD],
Heart Failure [HF], and all Heart Valves diseases [HVD].

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