

Walking is Heart Medicine



Walking has the lowest dropout rate of any activity, and is the simplest positive change individuals can make to effectively improve their heart health. Here are some steps to get started with any physical activity to get you on your way.

Step 1.

Your safety is always a priority. Moderate physical activity is safe for most people, but some adults may need to check with their healthcare provider first. Men older than 40 and women older than 50 who plan a vigorous program or who have chronic disease or risk factors for chronic disease should contact their physician to design a safe, effective program.

Step 2.

Understanding the American Heart Association recommendations for physical activity for heart health are important. Here they are:

- ❖ *Moderate-to-vigorous-intensity* physical activities for at least 30 minutes on most (and preferably all) days of the week.
- ❖ Physical activity can be accumulated throughout the day. It's important to include physical activity as part of a regular routine.
- ❖ *Moderate-to-vigorous-intensity* physical activity for at least 60 minutes most days of the week to help lose weight or maintain weight.



Walking is good medicine for your heart. For every hour of regular, vigorous exercise you do, like brisk walking, you can live two hours longer.

Step 3.

Now that you know what your physical activity needs are; how do you know if what you are doing is enough? One way of knowing whether your activity is moderate or vigorous is the talk test. The talk test method of measurement is simple.

- ❖ A person who is active at a light intensity level should be able to sing while doing the activity.
- ❖ One who is active at a moderate intensity level should be able to carry on a conversation comfortably while engaging in the activity.
- ❖ If a person becomes winded or too out of breath to carry on a conversation, the activity can be considered vigorous.

Here are some tips for exercise success:

- Wear comfortable, properly fitted footwear and comfortable, loose fitting clothing appropriate for the weather and the activity.
- Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an opportunity, work activity into your day another way.
- Keep a record of your activities. Reward yourself at special milestones.

Nothing motivates like success.

If you would like more information, please contact Med-Cert, Inc. at 866-633-2378 (toll free) or at www.medcertinc.com



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