Taking 30 minutes a day to move is great for your health, including your heart health. It improves your mood, promotes better sleep, and gives you more energy.

The risk to your health from not exercising is the same as having high cholesterol or high blood pressure, as well as smoking regularly.

**Benefits of Physical Activity**

**Physical Activity Helps:**
- Boost self-esteem and confidence
- Improve fitness
- Maintain a healthy body weight
- Learn new skills

**Physical Activity Can Lower the Risk of:**
- Heart disease
- Some cancers
- Osteoporosis
- Diabetes
- Obesity
- High blood pressure
- Stress and anxiety

**Being Physically Active:**
- Lowers LDL ("lousy") cholesterol and triglycerides
- Increases HDL ("healthy") cholesterol
- Helps control blood sugar
- Lowers body fat
- Lowers blood pressure

**What Can I Do?**

- **Cardio (aerobic exercise)** has the most benefit for your heart by lowering your blood pressure and blood cholesterol.

- **Weight training (resistance exercise)** works with cardio to help strengthen your muscles, including your heart.

- **Stretching (flexibility exercise)** reduces muscle tension and improves the circulation of your blood.

- **Move more, sit less.** Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.

- If you are not sure where to start, talk to your healthcare provider about options that would be right for you.

**Get Moving!**

- Walk with friends
- Take a class
- Play with your pets
- Make exercise family time
- Take the stairs
- Count your steps
- Get outdoors

Download the top 5 questions to ask your healthcare provider at yourheart.ca