



# How Can Physical Activity Become a Way of Life?

If you aren't in the habit of being physically active, you're probably being told you should start. That's because regular physical activity reduces your risk of heart disease and stroke. It also helps you reduce or manage other risk factors — high blood pressure, high cholesterol, excess weight and diabetes.

But the benefits don't stop there. You may look and feel better, become stronger and more flexible, have more energy, and reduce stress and tension.

## How do I start?

- Uvctv"unq yn{ " ô "fqpv"qxgtfq"kv#
- Ejqqug"cevkxkvkgu" {qw"gpq{0"Rkem" c"uvctv"fcvg"vjcv"hkvu" {qwt"uejgfwng"cpf" ikxgu" {qw"gpqwij"vkog"vq"dgikp" {qwt"rtqitc o0" Ycmmkpi"ku" c"itgcv"yc{ "vq"igv"uvctvgf#
- Ygct"eq o hqtvcdng"enqv jgu"cpf"ujqgu0
- Vt{ "vq"gzgtekug"cv"vjg"ucog"vkog"gcej"fc{ "uq"kv" dgeqog"u" c"tgiwnct"rctv"qh" {qwt"hkhguv"ng0"
- Ftkpm"ycvgt"dghqtg."fwtkpi"cpf"chvgt"gcej"gzgtekug" uguuqpp0
- Wug"vjg"dwff{ "u{uygo#"Cum" c"htkqpf"vq"uvctv" c"rtqitc o" ykvj" {qw0
- Pqvg"vjg"fc{u" {qw"gzgtekug"cpf"ytkvg"fqyp"vjg" fluvpeg"qt"ngpi"vj"qh"vkog"qh" {qwt"yqtmqvv"cpf"jqy" {qw"hggn"chvgt"gcej"uguuqpp0"
- Ck o "hqt"cv"ngcu"372" o kpwvgu"qh" o qfgtcvg/kpvgpukv { "qt" 97" o kpwvgu"qh"xkiqtqwu/kpvgpukv { "cgtqdk"gzgtekug"gcej" yggm0" Cff" o wueng/uvtpi"vjgpkpi"gzgtekug"qp"cv"ngcu"4" fc{u" c"yggm0"
- "Kh" {qw" o kuu" c"fc{ ." rncp" c" o cmg/wr" fc{0"

## What will keep me going?

- "Igv" {qwt"hc o kn{ "kpvq" rj {ukecn"cevkxkv{#"kvøu" itgcv"vq" jcxg" c"uwr rqtv"u{uygo."cpf" {qwømn"dg" igvvpki"vjgo" kpvq" cp"ko rqtvcpv" jgcenv" jcdkv0
- Lqkp"cp"gzgtekug"itqwr." jgcenv" j"enwd"qt"nqecn"eq o o wpkv{ " egpvgt0
- Ejqqug"cp"cevkxkv{ " {qw"nkmg"cpf" o cmg"uwtg"kvøu" eqpxgpkgpv" hqt" {qw0"Kh" {qw"pggf" iqqf" ygcvjgt." jcxg" c" dcem/wr" rncp" hqt"dcf" fc{u" \*g0"i0." yjgp"kv"tckpu." ycnm"kp" vjg" o cm"kpuvgef"qh"vjg" rctm+0
- Ngctp" c"pgy"urqtv" {qw"vjgkpm" {qw" oki"jv" gplq{."qt"vcmg" nguqupu"vq"ko rrtqvg"cv"qpg" {qw"mpqy0
- Fq" c"xctkgy { "qh"cevkxkvkgu0"Vcmg" c"dtkum" ycnm"qpg" fc{."c"uyko" vjg"pgzv"vkog0"Vjgp" iq" hqt" c"dkmg"tkfg" qp"vjg" yggmpf#
- Ocmg" rj {ukecn"cevkxkv{ "c"tqwwkpg"uq"kv" dgeqog"u" c" jcdkv0
- "Kh" {qw"uvqr" hqt"cp{ "ngpi"vj"qh"vkog."fqpv"nqug" jqrqg# Lwuv"igv"uvctvgf" cickp"cpf" yqtm"wr"vq" {qwt"qnf" rceg0"



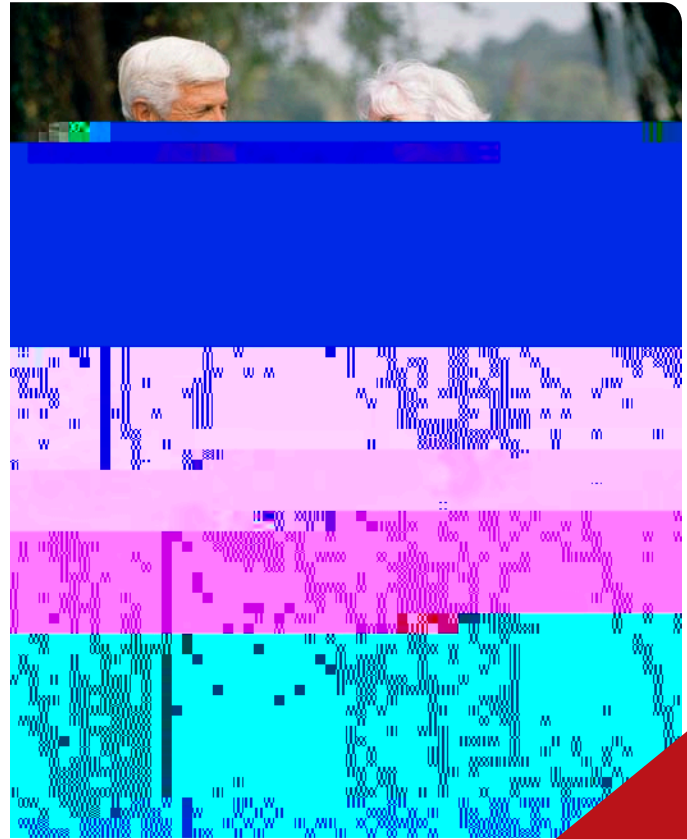
## What else should I know?

Try not to compare yourself with others. Your goal should be personal health and fitness.

Think about whether you like to exercise alone or with other people, outside or inside, what time of day is best, and what kind of exercise you most enjoy doing.

If you feel like quitting, remind yourself of all the reasons you started. Also think about how far you've come!

Don't push yourself too hard. You should be able to talk during moderate exercise.



## HOW CAN I LEARN MORE?

- Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

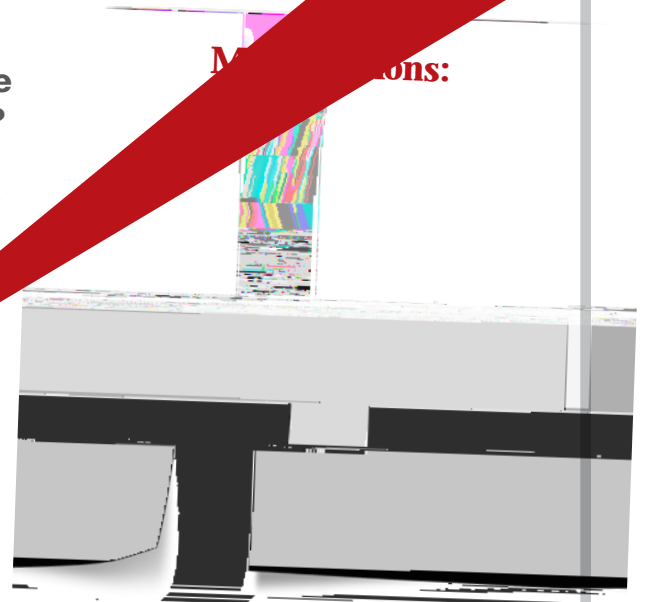
## Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

**What kind of shoes should I wear to prevent injury?**

**Can I exercise "too much"?**



We have many fact sheets to help you make healthier choices to reduce your risk, manage your condition, and care for a loved one. Visit **heart.org/answersbyheart** to learn more.

