

Exercises For The Healthier Heart



**P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE**

Exercise your way to a Healthier Heart

Heart is the only pump in the body which works continuously without rest. One must work towards a healthier heart.

Exercise - The most powerful medicine for healthier heart.

Why Exercise?

- It improves blood flow to the heart. Exercise helps to control blood pressure and diabetes
- With exercise heart can work much better with less consumption of energy.
- Helps to raise good cholesterol (HDL) and decreases bad cholesterol (LDL).
- Exercise can also help to lose weight. Being obese can greatly increase risk of heart disease by raising your blood pressure and cholesterol
- Exercise improves flexibility of muscles and keeps joints in good condition.
- Exercise helps to relieve stress: Everyone faces stress one time or another. Continuous stress will have detrimental effects on your health. Exercise in your daily routine can help you to deal with stress more effectively.

Ways to tackle stress

- Plan your day
- Adapt to situation
- Eat healthy diet
- Practice relaxation / meditation everyday

- Think positive & remain cheerful
- Spare time for recreational activities / hobbies
- Take time off in the daily routine

What kind of exercise is beneficial for the heart

Exercise must be tailored to each person need. Consult your doctor if you have had any heart problem before starting any form exercise.

Aerobic exercise are the best for heart which include jogging, swimming, jumping etc. For most people walking at a moderate pace for 30 min. 4-5 times a week is an excellent exercise to reduce the risk of heart disease.

Points to Remember about exercise

- Warm up for 5 min by starting activity slowly
- Walk for 10 min. in the beginning & progress by 5 mins every third day for a person not used to exercise.
- Cool down for 3-5 mins by slowing your pace before stopping the exercise
- You should be able to converse with your colleagues during exercise without getting breathless
- Stop Exercise if you experience chest pain, discomfort, shortness of breath, leg cramps, dizziness, nausea, sweating etc.
- Do not hold your breath while exercising
- Do not exercise in extremes of environmental temp.
- Wear loose fitting clothes

- Think positive & remain cheerful
- Spare time for recreational activities / hobbies
- Take time off in the daily routine

What kind of exercise is beneficial for the heart

Exercise must be tailored to each person need. Consult your doctor if you have had any heart problem before starting any form exercise.

Aerobic exercise are the best for heart which include jogging, swimming, jumping etc. For most people walking at a moderate pace for 30 min. 4-5 times a week is an excellent exercise to reduce the risk of heart disease.

Points to Remember about exercise

- Warm up for 5 min by starting activity slowly
- Walk for 10 min. in the beginning & progress by 5 mins every third day for a person not used to exercise.
- Cool down for 3-5 mins by slowing your pace before stopping the exercise
- You should be able to converse with your colleagues during exercise without getting breathless
- Stop Exercise if you experience chest pain, dizziness, shortness of breath, leg cramps, All the exercises should be done under the supervision of physiotherapist.

For further information or queries contact Hinduja Hospital
Physiotherapy Department 24447255

P. D. Hinduja National Hospital & Medical Research Centre

Veer Savarkar Marg, Mahim, Mumbai - 400 016 (INDIA)
Tel: 2445 1515 / 2445 2222 / 2444 9199 Fax: 2444 9151

info@hindujahospital.com

www.hindujahospital.com

P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE