

# Healthy Hearts Project

Milwaukee Public Schools

Milwaukee, WI

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## Why should I Exercise ?

Exercise is very important in the prevention of many diseases that affect those of all ages. People who don't get enough physical activity are more likely to develop heart disease and high blood pressure so knowing this let's get up and move!!!!

## Benefits of Physical Activity

Physical activity is the key to a healthy heart. Physical activity offers many enjoyable and important benefits that include:

### Feeling Better

- More Energy
- Helps lower stress
- Helps you relax, relieve tension
- Improves self-image
- An easy way to share activity with friends and family and an opportunity to meet new friends



### Looking Better

- Tones your muscles
- Helps you lose pounds
- Helps control your appetite



## **Working Better**

- Helps you be more productive
- Increases your capacity for physical work
  - Builds stamina
  - Increases muscle strength
- Helps your heart, lungs and bones work better

## **Increasing Activity throughout Your Day**

Add 30 minutes of exercise to your day. It can be done all at once or throughout your day.

### **You can try:**

- Gardening
- Bicycling
- Dancing
- Stair climbing
- Jogging
- Swimming
- Shooting hoops
- House chores
- Walking

## **2 important keys to adding activity to your day**

1. Start slow and progress gradually
2. Think of exercise as a daily activity



## **The New Recommendation**

Every adult should get at least 30 minutes or more of moderate physical activity most days of the week.

### **What does it mean to accumulate 30 minutes or more of physical activity?**

It is ok to break up the 30 minutes up over the course of the day. You get the same benefits that you would get if you exercised for 30 minutes straight. It is ok if you only have time for 10 minutes here and there throughout your day.

### **What is meant by most days of the week?**

It's not a big deal if you miss a day or two of physical activity during the week, but it is important that you get in 30 minutes of physical activity at least 4 to 5 days a week.