



► **Physical activity & stress reduction can help prevent or manage heart disease.**

WHY
you should
get moving...

- Supports a stronger heart
- Improves circulation
- Lifts mood & self-esteem
- Promotes sleep

- **Lowers** blood cholesterol, pressure & sugar
- **Decreases the need** for medications in some cases
- **Helps manage** weight
- **Reduces** stress

MODERATE EXERCISE can be as simple as



Dancing



Brisk
Walking



Gardening



Household chores
such as vacuuming

How you can REDUCE STRESS



Breathing Exercises

Meditation



Progressive Muscle
Relaxation



Soothing
Music

Yoga

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit WMCHealthAPS.com/Heart