ACTIVE AND MINDFUL LIVING

CardioSmart
American College of Cardiology

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 *CardioSmart.org/HealthyLiving*

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