

CCPC Heart Tips

Step Into Spring

Walking might be the most rudimentary type of exercise, but clearly carries many added benefits.

Walking is a form of aerobic exercise and is one of the easiest ways to increase your physical activity and improve your health. Physical activity increases your heart rate, strengthens your heart, and increases blood circulation through your body, bringing more oxygen and nutrients to your organs. Exercise also increases your lungs' ability to take in oxygen, lowers blood pressure, helps to reduce body fat, and improves blood sugar and cholesterol levels. Some key points to consider when starting your walking program are as follows:

1. If you are concerned about any health problems, please consult your doctor before beginning any exercise program. If you have a heart problem, you might want to have some tests done first to find out how much activity your heart can safely handle.
2. Start out slowly at first, with a warm-up in the beginning, a faster pace in the middle, and a cool down at the end.
3. To stay motivated, walk with friends, co-workers or pets. Set goals for yourself that you can reach.
4. Use a pedometer to count your steps. Wear it all day, and try to take at least 2,000 more steps a day than you normally do, and gradually increase your steps over time.
5. Try to walk briskly for at least 30 minutes a day, 5 days a week or more. Work up to 60 minutes if possible.

Studies have shown that regular physical activity has the following effects: it can reduce the risk of coronary heart disease, improve blood pressure and blood sugar levels, improve your blood lipid panel, maintain body weight and lower the risk of obesity, and enhance your overall mental well being.

Walking has the lowest dropout rate of any physical activity. It's the simplest positive change you can make to effectively improve your heart health. So, start counting those steps and everyone wins!!

Walking is good medicine.

In fact, it's great medicine for your heart. Did you know that for every hour of regular, vigorous exercise we do, like brisk walking, we can live two hours longer?