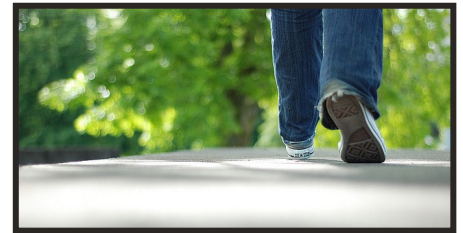


Walk for Your Heart

Did you know heart disease is the leading cause of death in the United States? An American will have a heart attack or stroke about every 25 seconds. February is American Heart Month, so let's take action to help fight heart disease.

Importance of Physical Activity

Physical inactivity increases the risk of coronary heart disease. Luckily, this is a modifiable risk factor and improving it is as easy as going for a walk most days of the week. One of the most effective forms of exercise to achieve heart health is walking. Walking does not require any special skills. It is safe, free, requires no equipment and costs nothing to get started. The American Heart Association recommends at least 150 minutes per week of moderate exercise. One way to achieve 150 minutes/week is to do 30 minutes of brisk walking for 5 days of the week.



JTaylor, www.flickr.com/photos/jtaylorphoto/



Short on time?

Get active for at least 10 minutes at a time, 3 times throughout the day to lower the risk of cardiovascular disease. A great tip for incorporating short bursts of activity is to take a walk during a break, over the noon hour, while waiting for a load of laundry to get done, or after dinner.

Health Benefits of Physical Activity

- Lower risk of:
 - * Early death
 - * Heart disease
 - * Stroke
 - * Type 2 diabetes
 - * High blood pressure
- Prevention of weight gain
- Weight loss when combined with diet
- Improved cardiorespiratory and muscular fitness



Resources:

1. February is American Heart Month. Centers for Disease Control. <http://www.cdc.gov/features/heartmonth/>
2. Getting Healthy. American Heart Association. <http://www.heart.org/>
3. Physical Activity Has Many Health Benefits. Physical Activity Guidelines for Americans by U.S. Department of Health & Human Services. <http://www.health.gov/paguidelines/guidelines/chapter2.aspx>

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This publication has been peer reviewed.