

Everyday Movement for Your Heart™

Your heart benefits from purposeful exercise and the small ways you move throughout the day.

Begin at a level that feels manageable. If you have heart symptoms, significant limitations or have been inactive for a long time, ask your healthcare provider how to start safely.

1 Build Aerobic Movement



Walking, cycling, swimming, dancing and similar activities help train the heart and blood vessels.

A common weekly goal

Work toward at least 150 minutes of moderate activity, or the amount recommended for you.

Try 10, 15 or 30 minutes at a time. It all counts.

2 Include Strength Training



Strength work supports muscle, blood sugar regulation, daily function and the ability to stay active.

A common weekly goal

Include muscle-strengthening activity on at least 2 days, allowing recovery between harder sessions.

Use weights, bands, machines or body-weight exercises.

3 Break Up Long Sitting



Even if you exercise, long periods of sitting can add up. Look for natural reasons to stand or move.

- Walk during a phone call
- Stand between tasks
- Take a brief movement break
- Carry groceries in smaller trips

4 Add Balance & Mobility



Balance and mobility support confidence, safer movement and your ability to keep doing heart-supportive activities.

- Heel-to-toe walking
- Supported single-leg stands
- Gentle mobility work
- Tai chi or yoga, if appropriate



Light

You can talk and sing easily.



The Talk Test

Moderate

You can talk, but singing would be difficult.



Vigorous

You can say only a few words before pausing for breath.

Medications, fitness level and health conditions can affect how effort feels.

My Movement Plan This Week

Aerobic movement: _____
 Strength days: _____
 How I will break up sitting: _____
 Recovery or mobility: _____

Stop and Get Medical Guidance

Stop activity and seek guidance for new chest pressure, unusual shortness of breath, faintness, marked weakness or a racing or irregular heartbeat. Call 911 for severe or rapidly worsening symptoms.

Gentle Reminder

You do not have to reach the full goal immediately. Gradually building consistency is meaningful progress.



Martine's Midlife Wellness Tip

Choose movement you can repeat, not just movement that looks impressive. The most useful routine is one that fits your real life.

