

The Pulse on Heart Health—February is American Heart Month

Every Day Heart Health Tips Simple Enough for Everyone

If you're still not convinced about how important exercise is, the benefit it has with regard to cardiovascular health, and the necessary need to develop an exercise program for your life, you can at least try following some of these tips in your everyday routine. Take advantage of any opportunity for exercise. Try some today.

- Take the stairs instead of an elevator or escalator at work, school or the mall. Just start with one flight. Soon, you'll be ready for two and then three!
- Park your car at the far end of the parking lot. The short walk to and from the building helps your heart.
- If you ride a bus or subway, get off a stop before your destination. Walk the rest of the way.
- If you can, spend a few minutes of your lunch break taking a stroll. It will not only help keep you more alert and awake for the afternoon, but help boost your metabolism, and improve heart function.
- Think of housework as an extra chance to exercise. Vacuuming briskly can be a real workout.
- Mowing the lawn, pulling weeds, and raking leaves are chores that can be done yourself as a chance to exercise.
- If you have a dog, think of the dog as an exercise machine with fur. A brisk walk with the dog is good for both of your hearts. Make it a part of your daily routine.
- If you have a family, schedule an after-dinner walk. Make it quality time.
- Do your heart a favor and try to incorporate extra fruits and vegetables into your diet. Take it a step further and replace 3 meals per week with a nice, lush salad.

