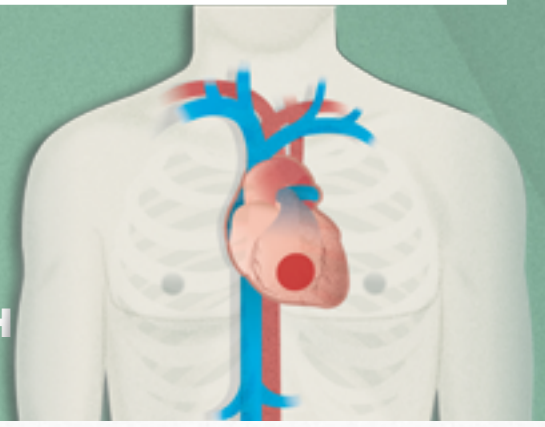


ACTIVATE YOUR HEART

EXERCISE IS THE KEY TO GOOD HEALTH



1.



Warm up before you start

Walk slowly, move your shoulders and arms, stretch them gently.

2.



Aerobic exercise is better

It should be easy to carry out, such as walking, cycling or swimming.

3.



Exercise bikes

These are ideal for very elderly patients or those who are overweight.

4.



Visit the mountains

But do not go above 1,000 metres altitude within the first year after the diagnosis of heart disease.

5.



Don't over do it

If you feel weary or have palpitations, then you must stop. Discuss it with your doctor.

6.



Monitor your pulse

Measure it manually from the artery in your wrist or with a pulsometer.

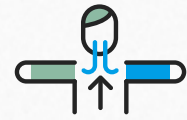
7.



Oversees the temperature

Avoid extreme temperatures, particularly the cold, and high humidity.

8.



Learn to breathe

Notice how the air presses against your abdomen and fills your lungs when breathing in. Then the muscles are relaxed when you breathe out.

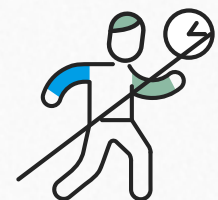
9.



The end is important

Stretch off your muscles to avoid injuries.

10.



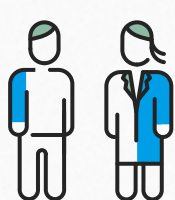
Exercise without rushing

At least 4 days per week. Start with 20 minute sessions and extend them progressively.

Did you know that walking...

- ✓ 30–60 minutes a day dramatically reduces the risk of suffering heart disease.
- ✓ 30 minutes reduces the symptoms of depression.
- ✓ 75 minutes per week at a light pace can increase your life expectancy.
- ✓ 2 hours per week will reduce the risk of suffering a stroke.
- ✓ 4 hours per week will reduce the risk of fracturing a hip.

Be aware of your limits



Discuss it with your doctor.

Learn which is the best activity for you.



Cardiac stress test.

Recommended to determine your overall state of health.



Stay hydrated while performing exercise.

Before, during and after the activity.

