



Exercise for a Healthy Heart

Why Exercise?

1. Muscle strength
2. Flexibility
3. Aerobic Fitness (cardio endurance)
4. It feels good- mentally and physically

All 4 are equally important!

Staying Motivated: Here are some ideas for sticking with your exercise program

- Don't add exercise to your to-do list, make it part of your daily routine
- Exercising with a partner often helps people stick with an exercise plan & stay motivated
- Make it convenient- Lack of convenience can be a good excuse not to exercise
- Start slow and easy- Starting with a 10 min. session, 3 times a week, at moderate intensity, will make you feel good afterward
- Add variety- Varying activities helps maintain interest and provide fitness benefits
- Set realistic goals- If your plan is too ambitious, you may find it hard to maintain
- Record your progress- Before starting an exercise plan, evaluate your fitness levels. Record time spent on exercise and list achievements.
- Don't focus on calories expended, choose an aerobic activity that you enjoy.

Resources on Campus

-Check out an exercise video from the Resource Library in Health Services - available resources include, Yoga, Pilates, Tai Chi, Belly Dancing, Stability Ball & Yoga Booty Ballet!
-Don't forget about Campus Recreation!
<http://campusrec.unh.edu/>

Guidelines for Healthy Aerobic Activity

- Exercise 3-5 days a week
- Warm up for 5-10 minutes before aerobic activity
- Maintain your exercise intensity for 30-40 minutes
- Cool down 5-10 minutes
- Gradually increase the intensity of your workout

Running vs. Walking Choosing to run or walk is up to you. Any physical activity significantly reduces your risk of developing cardiovascular disease

- It is more difficult to walk at a high rate. Walking a 12-minute mile or faster expends more calories than running at the same speed.
 - Running burns more calories than walking. Minute for minute, the faster your speed, the more calories you burn.
 - Mile for mile, running and walking expend the same amount of energy.
- Try to get at least 30 minutes of moderate-high intensity physical activity several times a week. This activity can be accumulated throughout the day.**