



The Benefits of Exercise

CARDIOVASCULAR

- ▶ Increased strength of the heart muscle, increased oxygen uptake, increased respiratory endurance and lower blood pressure.

MUSCULAR

- ▶ Increased muscular strength, endurance and possibly improved flexibility.

SKELETAL

- ▶ Increased bone mass, reduced bone fractures, reduced height loss, improved posture, reduced low back pain, improved joint mobility, increased balance and agility and reduced arthritic pain.

WEIGHT MANAGEMENT

- ▶ Reduced body fat and possibly increased muscle mass.

DIABETES MANAGEMENT

- ▶ Improved insulin sensitivity, glucose tolerance and possible reduction of insulin needs.

PSYCHOLOGICAL

- ▶ Reduced depression
- ▶ Improved thinking ability, work capacity, energy level, reaction time and self esteem.

Partners at Heart



**Port Huron
Hospital**



**ST. JOSEPH
MERCY HOSPITAL**

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Exercise Guidelines

HOME WALKING

A consistent exercise program will help you maintain endurance, strength and good health. Check with your physician prior to starting a program.

HOME EXERCISE – WALKING

- ▶ **Duration:** 30 - 45 minutes.
- ▶ **Intensity:** “Moderate” - If you are unable to hold a conversation - SLOW DOWN!
- ▶ **FREQUENCY:** Four to six times per week.

A safe way to obtain your 30 - 45 minutes goal:

- ▶ Walk, walk, walk, but don't overexert.
- ▶ Moderate pace will provide aerobic benefit and reduce risk of injury.
- ▶ Warm up and cool down for 5 minutes.

WARNING SIGNS

Stop and rest if you experience:

- ▶ Unusual shortness of breath
- ▶ Joint/muscle problems
- ▶ Chest pain and/or discomfort
- ▶ Excessive fatigue
- ▶ Mental confusion
- ▶ Light headedness
- ▶ Irregular pulse
- ▶ Nausea
- ▶ Headache

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