BE ACTIVE!

FEEL GOOD! LOOK GREAT!

Feel more alert
Increase your stamina
Relax & sleep well
Grow stronger
Stay slim
Keep supple
BE ACTIVE!

It only takes sixty minutes a day to keep active - yes - really! You just need to do something physical like brisk walking or cycling which makes you slightly out of breath.

IT COULD EVEN BE 4 SPELLS OF 15 MINUTES EACH DAY IF TIME IS TIGHT.

It’s so easy isn’t it?

Your muscles need more oxygen to work when you’re active. You breathe rapidly, and the heart beats faster to pump blood where it’s needed. Regular physical activity makes your heart grow stronger so that you can pump more with each beat.

THIS MEANS THAT YOUR HEART DOESN’T HAVE TO WORK SO HARD TO DO ITS JOB.

READY, SET, GO!

Set your self an activity routine.

Always start and end each session with a few minutes of gentle activity to warm up and cool down. The best form of activity is something you enjoy and can fit into your daily routine. This way, once you have started you won’t be tempted to find an excuse for not keeping it up! Sixty minutes a day will make all the difference.

SWIMMING, CYCLING, DANCING – EVEN WALKING THE DOG, ARE ALL GREAT WAYS TO KEEP ACTIVE.

Team sports like football, basketball and netball are also great. It just depends what you’re into. You can always stay in the comfort of your own home. Why not get an exercise tape or video, you could have a look in the health and fitness section of your nearest record shop or bookshop, or your local library?

ACTIVITY IS GOOD FOR THE HEART

Activities that help your heart are ones that make you work hard. They are often called ‘aerobic’ because you have to breathe in enough oxygen to supply your working muscles. Aerobic activities, like cycling, running and swimming help to build up stamina (your ability to keep going without getting too puffed out).

PULSATING!

Every time the heart beats you can feel a pulse where an artery is near to the surface of the skin. Fitness is measured by how high your pulse rate goes when you are physically active and how fast it returns to normal afterwards. If you were unfit and you ran for a bus you would be very breathless, your heart would probably feel awful. If you were fit you would do it without thinking. This applies if you are six, sixteen or sixty! Regular physical activity at any age keeps your heart and muscles strong and your lungs and circulation working efficiently.

HOW TO TEST YOUR FITNESS

You can feel your pulse either by pressing your fingers on the outside of your wrist at the base of your thumb or in the hollow in your neck beside your windpipe.

- Count your pulse for 60 seconds before you start physical activity (count for 15 seconds and multiply by 4) and write this down - this is called your resting pulse rate.

- Now do something pretty energetic for three minutes - running on the spot or round a sports field, stepping on and off a chair - get the heart pumping.

- Now take your pulse again for 60 seconds - this is your exercise pulse rate.

- The quicker your heart rate returns to normal the fitter you are becoming.

WHAT ARE THE EXPERTS SAYING?

The health experts are finding more and more evidence to show that physical activity is an important way of protecting yourself against heart disease. Not being active enough may be as harmful to your heart as smoking or high cholesterol.
WHAT'S ON THE INSIDE?

We have a complicated bag of muscle (our heart) that pushes blood around our bodies through a system of tubes called veins and arteries. Blood is the carrier of all the things that keep us alive - oxygen that we breathe, food for energy and growth and countless other materials. If this system does not work efficiently you'll notice the difference.

Most people are born with perfect hearts, veins and arteries... but, sadly in our advanced society, many people die of heart disease that probably wouldn't have developed if they had eaten a healthy diet, hadn't smoked and led active lives.

YOUNG AND ACTIVE

YOUNG PEOPLE ARE PRETTY ACTIVE - some parents would say 'too active' (stop using your bed as a trampoline). But as you get older you tend to slow down a bit and you have to study more. When you leave school you may get a job that means you're sitting down in one position for a good part of the day.

YOU COULD TURN INTO A COUCH POTATO,
NOT GOOD IF YOU WANT TO HAVE A HEALTHY HEART!

Our bodies produce a necessary fatty substance called cholesterol which is carried in the blood. Lack of physical activity, smoking, a high-fat diet, or a genetic tendency to have too much cholesterol in the blood, can all lead to fatty substances forming on the side of the arteries and gradually narrowing them. This is very bad for the heart and for the whole system.

YOU FEEL BETTER!

Being physically active can really give you a boost - and embarking on a regular fitness routine can help you feel more lively, positive and confident.

NOT JUST FOR WRINKLIES

You might think that only older people get heart disease but it can start to happen when you are really quite young. Regular physical activity can help prevent problems in later life. It also makes you stronger and your circulation better.

SO BE ACTIVE!
QUICK QUIZ!

It isn't difficult to keep your heart healthy and your body fit. Now that you've read this newsletter, check out our quiz to see if you know why it is so important, and remember - only one hour each day to get your heart pumping can make all the difference.

1. Which of the following are 'aerobic' activities?
   - Swimming
   - Surfing the net
   - Walking the dog
   - Cycling
   - Watching telly
   - Sleeping

2. What's the best activity to get your heart pumping every day?
   - Swimming
   - Walking the dog
   - Cycling
   - Watching telly
   - Sleeping
   - Working out

3. What can too much cholesterol do to your body?

Just remember, keep it fun and warm up properly before you

GET ACTIVE!

1. Start with a fun activity.
2. Add more stress.
3. Do your纵横。

Answers

6 SNEAKY WAYS TO KEEP MOVING!

This is for you guys who would rather not race around after a ball, whose trainers are a fashion accessory, and who rate getting wet hair as a major disaster!

- Put on your favourite music and dance!
- Take your dog (or someone else's) for a walk.
- Don't catch the bus, be cool and set off a bit earlier. Walk briskly and it's amazing how far you can get in a short time.
- Have a pillow fight with a mate (old pillows and clear the decks of breakables).
- Borrow an exercise video - some libraries have them - work out to your own routine.
- Always run up stairs.

Visit yheart.net for more active fun

If you would like to know more about how you can take good care of your heart contact:
British Heart Foundation, 14 Fitzhardinge Street, London W1H 6DH or bhf.org.uk