

Be Active For A Healthy Heart

Vietnamese
Aspire For
Healthy Hearts



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

Get Started With Physical Activity

Physical activity is one way to help prevent heart disease. Here are some ideas to get started and keep it up each week.

Talk With A Doctor

Be sure to talk with a doctor before you start a physical activity program if you have a heart condition or your blood pressure is not controlled.

Start Slowly

- Begin at a level that is comfortable. Add activities over time.
- Choose the number of days, types of activities, and times that fit your schedule.
- Warm up and cool down each time you are physically active. The warm-up gets your muscles ready and the cool down lets your heart rate slowly return to normal.

Find Ways to Feel Motivated

Think about ways to stay active once you start. Some ideas include:

- Get active with a friend.
- Choose your favorite activities.
- Do activities in short chunks of time.

Reap the benefits of physical activity by:

- Being healthier.
- Increasing your chances of living longer.
- Sleeping better.
- Reducing stress.

When you are really busy, still find ways to be active, like walking on your lunch break at work.

Mix It Up

Do a mix of aerobic and strengthening activities each week that you enjoy. Try biking, walking, or playing tennis. You need both aerobic and strengthening activities to be heart healthy.

- Aerobic activities make your heart beat faster.
- Strengthening activities make your muscles work harder than normal.



Do Aerobic and Strengthening Activities Each Week

Aerobic Activities

(make your heart beat faster)

Moderate Effort

Examples:

- Walking briskly
- General gardening (raking, trimming shrubs)
- Dancing (ballroom and line dancing)
- Biking on level ground or with few hills
- Badminton
- Doubles tennis
- Using your manual wheelchair

How much? A total of 2 hours and 30 minutes or more each week.

How long? At least 10 minutes at a time.

You can also mix these with vigorous activities.

OR

Vigorous Effort

In general, 15 minutes of vigorous activity provides the same benefits as 30 minutes of moderate activity. Examples:

- Sports with a lot of running (soccer, basketball)
- Singles tennis
- Swimming fast or swimming laps
- Biking faster than 10 miles per hour
- Fast dancing
- Heavy gardening (digging, hoeing)

How much? A total of 1 hour and 15 minutes or more each week

How long? At least 10 minutes at a time.

You can also mix these with moderate activities.

Strengthening Activities

(make your muscles do more work than usual)

Examples:

- Lifting weights
- Push-ups and sit-ups
- Tai Chi
- Heavy gardening (digging, shoveling)

Do at least 2 days each week and be sure to work all body parts.



Have A Weekly Physical Activity Plan

Use the tables below to plan out your physical activity for each week. Start by doing what you can and then look for ways to do more. If you have not been active for a while, start out slowly. After several weeks, build up your activities—do them longer and more often.

My goal is to do **aerobic activities** for a total of ____ hours and ____ minutes this week.

What I did:	My Effort:	When I did it and for how long:							
		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total hours or minutes
Example: Walked	Moderate		30 min	30 min		30 min		30 min	2 hours
Example: Soccer	Vigorous						30 min		30 min
Total number of hours and minutes I did these activities this week:									

My goal is to do **strengthening activities** for a total of ____ days this week.

What I did:	When I did it:							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total days
Example: Sit-ups	Yes			Yes				2 days
Example: Tai Chi	Yes		Yes			Yes		3 days
Total number of days I did these activities this week:								



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