



**BlueCross BlueShield  
of Illinois**

# Give your heart a workout



## Get physical to lower your risk of heart disease

Heart disease is a killer. In fact, it is the number one killer of Americans. And physical inactivity is one of several risk factors leading to heart disease. So let's get moving. Here are five tips to get you started:

- **Guess what.** You don't have to spend hours a day at the gym. Target two and a half hours of moderate aerobic activity each week – at least 10 minutes at a time.
- **No excuses.** Get active throughout the day by taking walks at work and just by doing things you like – biking, dancing, gardening or any other activity you enjoy.
- **A complete program.** Include an aerobic activity – walking, jogging or biking – to get your heart rate up; resistance training like pushups to firm, strengthen and tone muscles; and flexibility exercises to stretch and lengthen muscles.
- **It's all about your style.** Choose whatever works for you. Exercise alone or in a group – indoors or out.
- **Get active; stay active.** If you get bored, find something else you like. Set goals and plan ahead by scheduling activities into your day.

Following these tips may reduce your risk of developing heart disease. You'll also feel energized, reduce stress and build confidence.

*Sources: National Institutes of Health*

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