

Exercise is vital to heart health:

- 1) Combined with healthy eating habits, activity helps with weight control.
- 2) Strengthens your heart and lungs.
- 3) Activates your immune system.
- 4) Manage chronic diseases.
 - Lowers blood pressure and blood sugar.
- 5) Keeps arteries clear.
 - Raises HDL (good cholesterol) which removes LDL (bad cholesterol).
 - Heart pumping exercise improves circulation.
- 6) Boosts mind and self-esteem.
- 7) Weight bearing exercise such as walking keeps muscles strong and increases bone mass density.