

♥ HEALTHY HEARTS ♥

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CARDIOLOGIST CORNER

Participating in a cardiac rehabilitation program is associated with:

- 1) a lower risk of death from a heart cause
- 2) less chance of a repeat heart attack
- 3) lower hospitalisation rates

Exercise is associated with significant reductions in death and improvements in many health aspects, from reducing risk of cancer, improving mental health and more.

While there are risks with exercise, in the majority of people, the benefits far outweigh the risks. Studies show that individuals with low fitness are 2 to 5 times more likely to die early compared with more fit counterparts, regardless of the presence or absence of heart disease or risk factors.

Ways to reduce your risk of a heart related event with exercise include:

- 1) exercising at a low to moderate intensity.
- 2) performing a good warm up and good cool-down.
- 3) monitoring yourself for symptoms.
- 4) performing exercise regularly.

When it's challenging to find the time or space to exercise, keep this concept in mind and reap the health benefits.

Check out this YouTube link:

[Sit Less, Move More](#)

Your Cardiac Rehab Exercise Team

Nutrition Tidbits



DID YOU KNOW?

- ♥ Too much **cholesterol** in the blood can lead to heart diseases and stroke.
- ♥ Losing excess weight, quitting smoking and regular exercise may increase **HDL** levels
- ♥ Too much saturated fats can raise **LDL** levels in your blood.
- ♥ Diabetes, increased body weight, alcohol, and sugar can increase **triglycerides** levels.

Check out our handout!