MAY QUIZ

BENEFITS OF EXERCISE IN THE PREVENTION OF CARDIOVASCULAR DISEASE AND FOR THOSE ALREADY DIAGNOSED WITH CARDIOVASCULAR DISEASE

There is compelling evidence that habitual physical exercise prevents the development of coronary artery disease. Consistent physical activity also reduces the symptoms in people with established cardiovascular disease. There is also evidence that exercise reduces the risks of other chronic diseases including Type 2 diabetes, osteoporosis, obesity, depression and cancers of the breast and colon.

The heart needs exercise like any other muscle. Muscles that are exercised become stronger and healthier. When the heart is exercised it can pump more blood through the body and continue working at optimal efficiency with little strain. Regular exercise helps keep the arteries and other blood vessels flexible ensuring a good blood flow and normal blood pressure.

The Heart Foundation recommends that people with established cardiovascular disease (CVD) should aim to achieve more than 30 minutes of moderate intensity physical activity on most days if not all days of the week. Moderate intensity refers to an increase in the depth and rate of breathing while still allowing for comfortable talking. The amount of the activity can be built up in shorter sessions. Regular low-to-moderate level resistance activity is also to be encouraged under the supervision of an exercise professional.

People of any age with CVD can benefit from regular exercise. Regular physical activity using the large muscle groups, such as walking and running produces cardiovascular adaption's that increase exercise capacity, endurance, and skeletal muscle strength. Habitual physical activity also prevents the development of coronary artery disease, and reduces the symptoms of people with diagnosed coronary artery disease. Endurance training improves walking mobility amongst stroke survivors. Exercise training reduces angina symptoms, lessons breathlessness associated with heart failure and stroke. Regular to moderate physical activity improves blood pressure, enhances favourably raised triglyceride concentrations and low- high density lipoprotein cholesterol concentrations in those with coronary heart disease (CHD), and insulin resistance and glucose intolerance in those predisposed to diabetes.

Turn over for your chance to WIN a 30 Minute Massage Entries due in the Suggestion Box by 23 May 2014 - Good Luck

MAY QUIZ

Complete the Quiz for the chance to WIN a 30 Minute Massage

Circle the correct answer then place your completed Quiz in the Suggestion Box by 23 May 2014

Regular Physical exercise helps prevent cardiovascular disease

TRUE	/	False

Regular exercise improves blood pressure and cholesterol levels

TRUE / FALSE

Lack of physical activity is the leading cause of cardiovascular disease

TRUE / FALSE

Older people should not exercise as it's too risky

TRUE / FALSE

Resistance training will decrease the risk of cardiovascular disease

TRUE / FALSE

NAME:

TELEPHONE:

HealthMates

