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# Physical Activity for Heart Health



Regular physical activity can help you manage your weight, blood pressure, and cholesterol. It can also improve your mood and ability to manage stress. In these ways, physical activity adds to your quality of life and decreases the risk of heart attack.

## How Much Physical Activity Do I Need?

To improve your heart health, aim for at least **2½ hours of physical activity each week**. That equals 30 minutes a day, five days a week.

## What Counts as Physical Activity?

Physical activity includes any movement your body does. Some examples are:

- Gardening and housework
- Walking
- Swimming
- Jogging
- Riding a bike
- Mowing the lawn

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## Tips to Get Started

- **Set realistic goals.** What if you can't fit in 30 minutes of activity at one time? Spread shorter periods of activity throughout the day! For example, you get the same health benefits from three 10-minute bouts of activity that you get from 30 continuous minutes of activity.
- **Build up gradually**