Being active is important for your Heart Disease

What good things could being more active do for you?

- Makes you live longer
- Improves energy, fitness and quality of life
- Improves blood flow around the body
- Helps prevent early death and hospital admissions
- Helps prevent fatigue and stress
- Lowers risk factors e.g., diabetes, high blood pressure

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:

- **Type 2 Diabetes** -40%
- **Cardiovascular disease** -35%
- **Falls** -30%
- **Dementia** -30%
- **Depression** -30%
- **Joint and back pain** -20%

How can being active improve my energy levels?

- You feel less fatigue
- You undertake regular exercise
- Your heart and other muscles become conditioned
- It becomes easier for yourself
Follow these Top Tips to keep you active:

1. If new to physical activity start gently and build up gradually over 3-6 months

2. Adequate warm up and cool down of 5-10 minutes helps to minimise pain

3. Some discomfort during and immediately after activity does not mean damage. It is normal for anyone to experience some muscle soreness after doing a new exercise, particularly if not previously active. Over time, as your body adapts and strengthens, this will reduce.

4. Pace yourself and listen to your body – if after an activity you feel you’ve done too much, make a note, to do slightly less next time until you gradually build up

5. Progress by increasing frequency first then duration followed by intensity

6. Doing something you enjoy is more important than the exact physical activity you choose.

7. Regular stretching can help maintain a good range of movement in your joints

8. Try to undertake physical activity at the time of day you are most comfortable

9. Avoid strenuous activity during acute flares or periods of inflammation. When joints are swollen gentle range of movement exercises will help maintain movement until your flare up is over and you can return to being more active

Build activity into everyday life: