

PAID ADVERTISEMENT

[HEALTHY] Living



Cardio – It’s Good For Your Health

Heat disease is the leading cause of death in the United States and a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. According to the Centers for Disease Control, last year an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. In fact, about every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

The chance of developing coronary heart disease can be greatly reduced by taking steps to prevent and control factors that put you at greater risk. “A healthy diet and lifestyle are the best weapons you have to fight heart disease,” said Dr. Christopher Boylan, cardiologist at Good Shepherd Cardiology. “Physical activity in your daily life is critical to preventing heart disease. You can take a few simple steps at home and at work, in order to increase the amount of physical activity in your life.”

Cardiovascular exercise strengthens the heart and lungs and improves the body’s ability to use oxygen. Over time, cardiovascular exercise can help decrease your heart rate, decrease your blood pressure at rest and improve your breathing. There are countless other benefits to cardiovascular exercise, including:

- Increases endurance and stamina;
- Increases metabolism;
- Reduces stress, depression, and anxiety;
- Improves circulation;
- Increases bone density;
- Improves sleep; and
- Improves cholesterol.

It is the overall pattern of the choices you make that counts. According to the 2008 Physical Activity Guidelines, you should workout most, if not all, days of the week. To ensure a healthy heart, two and half hours per week of aerobic exercise are encouraged. The Good Shepherd Institute for Healthy Living offers members numerous opportunities to incorporate cardiovascular activity into their exercise regimen. Many of the 150 group exercise classes offered each week are focused on cardiovascular exercise, and a variety of cardio equipment is available for use. For more information about member benefits and available scholarships, please contact the Institute for Healthy Living at 903-323-6500.

Even low-to-moderate intensity activities done for as little as 30 minutes a day are beneficial. These activities include pleasure walking, climbing stairs, gardening, yard work, moderate-to-

heavy housework, dancing and home exercise. More vigorous aerobic activities, such as brisk walking, running, swimming, bicycling, roller skating and jumping rope are best for improving the fitness of the heart and lungs. Choose a cardiovascular exercise which you enjoy doing, and include variations in your routine to avoid boredom.

The benefits of cardio workouts are abundant and contribute a lot toward improving the quality of your life. Whether your goal is to lose weight or simply stay fit, cardiovascular exercise is essential to any fitness routine and keeping your heart healthy. If you haven’t started as yet, then now is the time. Your heart works hard for you, so treat it the way it deserves to be treated.

We invite you to learn more about your heart health and whether you are at risk for heart disease. Join us from 8 a.m. to noon at Maude Cobb Convention Center this Saturday, February 19, for A Fair of the Heart, Good Shepherd’s annual community health fair featuring free health screenings, including a full lipid profile, health information and entertainment for the whole family. In order to obtain accurate results, fasting 12 hours prior to the screening is recommended.

Visit your primary care physician to learn more about your risk for heart disease and keeping your heart healthy. If you need help locating a primary care physician, call the Healthy Hotline at (903) 315-4747 or (888)784-4747. Good Shepherd Family Health Centers are located throughout the region to provide family medical care close to home.

Right Here in Longview...

Good Shepherd Family Health Center
2131 South Mobberly
903-758-3551

Northeast Texas Family Medicine Group
800 Padon Street
903-315-5600



Dr. Christopher Boylan,
Good Shepherd Cardiology

Did you know...

- Your heart beats about 100,000 times in one day and about 35 million times in a year. During an average lifetime, the human heart beats more than 2.5 billion times.
- In one day, your heart pumps the blood in your body a total of 12,000 miles - four times the distance across the United States from coast to coast.
- Every pound of excess fat contains one extra mile of blood vessels for the heart to supply.



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