



All That and More!

The many good things that can happen when you exercise are listed below. Check off some reasons why YOU would like to be more active.

I hope to help prevent heart attack and stroke by:

- lowering my blood pressure, or my chance of getting high blood pressure
- improving my cholesterol
- lowering my blood sugar and my chance for getting diabetes
- burning calories to maintain or lose weight
- reduce stress, depression or anxiety
- improving my heart and lung function

I would like to improve my:

- ability to play sports
- muscle strength
- flexibility and range of motion of joints
- balance
- energy level
- sleep

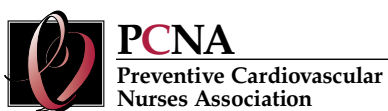
I would like to lower my risk for:

- some kinds of cancers (colon, breast and lung)
- osteoporosis (thinning of bones)

Remember:

- The best exercise is the one you will do!
- Start slowly and increase activity over time.
- You may feel sore and more tired when you first start.
- Something is better than nothing.

Based on 2008 U.S. Department of Health and Human Services Physical Activity Guidelines for Americans. Available at www.health.gov/paguidelines.



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A Heart Healthy
TOOLBOX

LIFESTYLE CHANGE TOOLS FOR
HEALTH CARE PROFESSIONALS & THEIR PATIENTS