



Stand Up for Your Heart

You Can Help Keep Your Heart Healthy

Simply sit less and move more. New research reveals a promising way to reduce the effects of a sedentary lifestyle: exercise for at least one hour a day. The new research crunched data from 16 studies involving more than 1 million people.

Move More, Live Longer

You don't have to run hills or do CrossFit to improve your health. The research found that moderate-intensity activity can reduce your risk for early death. Moderate intensity means that your heart rate is up slightly and you're breaking a sweat. You should be breathing quicker but still able to talk. Brisk walking is one example.

Limit Sitting Time

In addition to being physically active, avoid sitting or reclining for long periods. The less time you spend sedentary, the lower your risk for many health problems, such as obesity and heart disease-related death. Break up sitting time with light activity, such as a walk around your office. This habit can reduce the risk for obesity, studies show. At home, fold laundry while you watch TV.

Visit heart.org/physicalactivity for more tips on how to be active.

Work in a Workout

Exercise can take many different forms. The goal is to spend more time moving. For example, for every hour or two that you're sitting at your desk or in an airplane, take at least a five-minute break. Stand up, stretch, walk around or climb stairs if possible. Set an alarm to help you remember. Try one on your watch or smartphone.

Here are six more ways to sneak exercise into your busy day:

- 1 Stand up and walk** while taking work calls instead of sitting
- 2 Walk down the hall** to speak with a coworker, instead of calling or emailing
- 3 Climb the stairs** instead of taking the elevator
- 4 Park farther away** from buildings. Or get off the bus or train a stop early so that you get in more steps
- 5 Find an exercise buddy.** Hit the gym, or take a walk together at lunch or after work
- 6 Play a sport.** Join the company team to work out while getting to know your colleagues

Sources include American Heart Association; Centers for Disease Control and Prevention; The Lancet; National Heart, Lung and Blood Institute; and Obesity Society. Developed by StayWell.

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