

# Physical Activity

## Physical activity

helps to burn calories, increase the heart rate, and keep blood flowing at a healthy rate. Daily exercise, a healthy diet, not smoking, and a healthy body weight help to maintain good vascular health.

The United States Centers for Disease Control and Prevention (CDC) reports the following benefits of physical activity:

- Maintains healthy weight
- Reduces the risk of cardiovascular disease; can lower blood pressure and improve cholesterol levels
- Reduces the risk for type 2 diabetes; can help control glucose levels
- Reduces the risk of colon and breast cancer
- Strengthens bones and muscles - can increase or build muscle mass and strength; can slow the loss of bone density that comes with age; can help with arthritis and other joint conditions
- Can keep thinking, learning, and judgment skills sharp
- Reduces the symptoms of depression and anxiety
- Improves the ability to complete daily activities and prevent falls for older adults
- Increases the chances of living longer by reducing the risk of dying from leading causes of death: heart disease and some cancers.

One hundred fifty minutes of physical activity per week is recommended for adults ages 18 to 64. The activity can occur in a combination of moderate intensity aerobics and strength training. It is recommended to continue the activity for at least 10 minutes at a time.

## Moderate-intensity aerobic activities

that increase the heart rate and break a sweat include:

- Walking briskly - a 15-minute mile
- Riding a bicycle at a casual pace - slower than 10 miles/hr
- Water aerobics
- Ballroom dancing
- Playing doubles tennis
- Actively playing with children
- Mowing the lawn
- Gardening, raking, or bagging leaves
- Light snow shoveling



**Please call with any questions:**

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### Vigorous-intensity aerobic activities

that increase the heart rate, break a sweat, and limit talking due to catching one's breath include:

- Race walking, jogging, or running
- Hiking uphill or with a heavy backpack
- Riding a bicycle fast or riding hills - more than 10 miles/hr
- Swimming laps
- Playing singles tennis
- Rollerblading / inline skating at a brisk pace
- Playing basketball, football, soccer, etc.
- Cross-country skiing
- Jumping rope
- Aerobic dancing
- Heavy gardening - continuous digging and hoeing

### Twice weekly muscle-strengthening activities

are also recommended.

- Sit ups, push ups
- Weight lifting
- Heavy gardening such as digging and shoveling
- Yoga

The lack of regular physical activity results in 250,000 deaths annually according to a 2003 report in the medical journal, *Circulation*. Persons who are least physically fit have a mortality risk 4.5 times higher than physically fit persons.

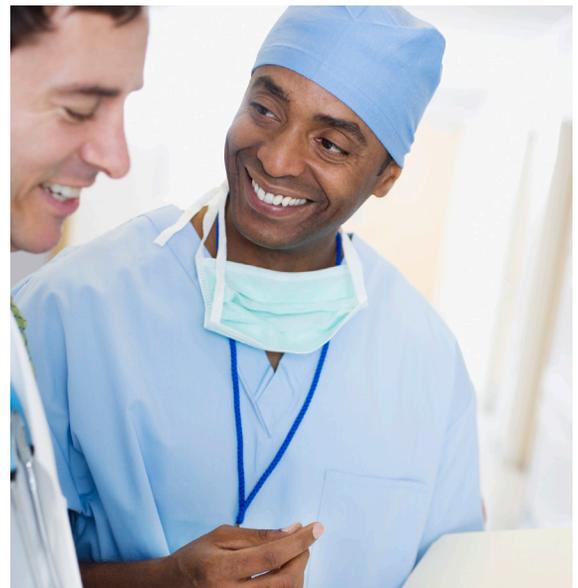
A regular exercise routine may reduce the risk of stroke, the fourth leading cause of death in America according to the CDC's *2010 National Vital Statistics Report*. In 2010, 137,000 Americans died of stroke.

To fit physical activity into your daily schedule:

- Select enjoyable activities
- Work out with a friend
- Encourage family members to participate
- Measure progress through a daily exercise journal.

**Please call with any questions:**

Vascular surgeons are the only physicians treating vascular disease today who can perform all treatment options available, including medical management, minimally invasive endovascular procedures including balloon angioplasty, atherectomy, and stent procedures, and open surgical repair including bypass.



Only when you see a vascular surgeon who offers all treatment modalities will you be assured of receiving the care that is most appropriate to your condition.

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