

# REAL EMPLOYEE STRENGTH

February 2011

Strength Through Health

## Strengthen Your Heart

**You only have one heart.** You should help your heart by giving it more strength.

- Your heart is a muscle that needs exercise to get stronger. 30 minutes of aerobic exercise, most days of the week, can provide your heart with the most benefit.
- Eating a healthy diet and lowering your blood pressure and cholesterol can also help strengthen your heart health.

### Sneak in physical activity at work:

- Take a brisk walk over your lunch break or hand deliver a message instead of email.
- Include stretch breaks throughout your workday.



## Take Home Message

Take advantage of any discounts your employer offers for exercise programs or gym memberships. Don't want to go to the gym? Invest in walking shoes and take a stroll around your neighborhood.

## \$tngthen Your Health \$avings

High blood pressure is the number one risk factor for heart disease. Work with your healthcare provider to keep it under control to save on healthcare costs in the long run.

