

# TO YOUR HEALTH

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## Exercise and Heart Health

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and the Fitness Staff

According to the Centers for Disease Control and Prevention (CDC), heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.



When done regularly, moderate and vigorous intensity physical activity strengthens your heart muscle. This improves your heart's ability to pump blood

to your lungs and throughout your body. As a result, more blood flows to your capillaries, your body's tiny blood vessels. This allows them to deliver more oxygen to your body and carry away waste products. Physical activity makes it easier to do daily tasks, such as climbing stairs and shopping. It can also lead to better sleep and overall quality of life.

The American Heart Association recommends at least 150 minutes (2.5 hours) of heart-pumping physical activity per week. These recommendations are based on the Physical Activity Guidelines for Americans, 2nd edition, published by the U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. The guidelines are based on current scientific evidence supporting the connections between physical activity, overall health and well-being, disease prevention and quality of life.

- Add moderate to high-intensity muscle-strengthening activity (such as resistance or weights) at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.

Even with risk factors for heart disease such as high blood pressure, diabetes or high cholesterol, people who enjoy regular physical activity have lower death rates than people who have no risk factors but who aren't physically active.

According to the National Institutes of Health, physical inactivity is one of several major risk factors for heart disease that you can do something about. Other major risk factors are:

**Smoking.** People who smoke are up to six times more likely to have a heart attack than nonsmokers.

**High blood pressure** increases your risk of heart disease, stroke, and other conditions. It can be controlled by getting regular physical activity, losing excess weight, cutting down on alcohol, and changing eating habits, such as using less salt and other forms of sodium. For some people, medication is also needed.

**High blood cholesterol** can lead to a buildup of plaque in your arteries, which raises your risk for a heart attack. You can lower high blood cholesterol by getting regular physical activity, eating less saturated fat and trans fat, and managing your weight. For some people, medication is also needed.

**Overweight.** If you're overweight or obese, you're more likely to develop heart disease even if you have no other risk factors. However, there is good news: Losing just 5–10 percent of your current weight will help to lower your risk for heart disease and many other medical disorders.

**Type 2 diabetes** greatly increases your risk for heart disease, stroke, and other serious diseases. Ask your health care provider whether you should be tested for diabetes. Many people at high risk for diabetes can prevent or delay the disease by reducing calories as part of a healthy eating plan and by becoming more physically active.

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### Types of Exercise You Can Do

Your provider will tell you what exercise is best for you. Talk with him/her before you start a new exercise program.



Aerobic activity uses your heart and lungs for a long period of time. Ideally, you want to make your heart work 60 –80% of your resting heart rate. Start slowly and choose an activity such as walking, swimming, bicycling or the NuStep in the Fitness Center. Resistance training will improve your strength to make daily activities a lot easier. You can also come to the Fitness Center and try our new HUR strength training equipment.



### Welcoming a New Face in the Clinic

We are happy to welcome Nichole DaCosta, our new per diem Nurse Practitioner to CWV. She started in January and will be working Saturdays, occasional holidays and vacation coverage.

Nichole earned Nursing degrees at Boston University and Columbia University. She has over 20 years of experience in geriatrics providing primary and urgent care in multiple settings in the greater Boston area.

Please join us in welcoming Nichole DaCosta to our medical team.

Public Health England

Health Matters

### Physically active people have lower health risks



Source: Physical Activity Guidelines Advisory Committee Scientific report (2018); Department of Health & Human Services – USA

### Mighty Eighties and Nineties

As per the request of some Mighty Nineties group members we will be extending an invitation to Residents in their late eighties to attend the group. The group has three gatherings a month and meets in the Auditorium and the Bedford Room. Check out the Monthly Events Calendar for more details.



### Clinic Closed on President's Day

The clinic will be closed on President's Day, Monday, February 19th.

