



American
Heart
Association®

My Heart. My Life.™



WarmWeather **FITNESS GUIDE**

YOUR PATH TO HEART HEALTH

Nutrition Basics **Getting Started**
Raising Healthy Kids **Getting Fit**
HEALTHY COOKING *Healthy Living For All*

Get active in your community. Start a Walking Club at mywalkingclub.org or find a local Walking Path at startwalkingnow.org

Get more healthy living tips and info at Facebook.com/AHAlivehealthy Twitter.com/AHAlivehealthy



YOU ARE HERE



HEART HEALTH PATH LEGEND



Healthy Eating



Getting Fit



Raising Healthy Families




Activities in Your Community



Healthy Life Habits



Enjoy Life



For every one hour of regular, vigorous physical activity, some people may increase their life expectancy by two hours.

Physically active people save \$500 a year in healthcare costs.

**A HEALTHIER
YOU!**

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Asian Slaw

Serves 6

About \$1.34 per serving

1 12-ounce bag shredded cabbage (green or purple, or blended)

1 medium cucumber, peeled and seeded, sliced in to thin sticks

1 medium red or green bell pepper, thinly sliced

5 medium green onions, sliced

12 leaves washed fresh basil or 1 teaspoon dried basil

Combine all vegetables in a bowl, toss.

Dressing

¼ teaspoon crushed red pepper flakes

½ teaspoon garlic minced from jar or 1 clove minced

3 tablespoons white or cider vinegar

½ teaspoon white sugar, granulated

1 tablespoon and 1 teaspoon low-sodium soy sauce

1 teaspoon extra virgin olive oil

Combine in small bowl and whisk well.

Pour over vegetables and toss to coat.



Nutritional Analysis (per serving)

Calories 42, Total Fat 1.0 g

Saturated Fat 0.0 g, Trans Fat 0.0 g

Polyunsaturated Fat 0.0 g

Monounsaturated Fat 0.5 g

Cholesterol 0.0 mg, Sodium 107 mg

Carbohydrates 7 g, Fiber 2 g

Sugars 4 g, Protein 2 g

Dietary Exchanges: 1 vegetable

¹ Centers for Disease Control and Prevention

The Season FOR BEGINNING!

Sunshine, longer days and warmer temperatures: It's the season of get-up-and-go, with opportunities to be physically active around every corner. From the park and the pool, to the sidewalk and the backyard, the outside world calls!

Now is the perfect time to establish a get-fit routine. Not only do you get the chance to enjoy the warmer weather and longer days, you'll also have a routine to carry with you into winter.

Why Be Active?

Everyone can benefit from more physical activity. As a nation, we're not getting enough—and that inactivity is contributing to many diseases, including heart disease and stroke.

Among other things, getting more physical activity into your day helps you:

- Stay healthier, feel stronger and live longer.
- Reduce your risk for developing heart disease, stroke and diabetes.
- Have more energy to do the things you love.
- Manage stress.
- Be a great role model for those in your life.
- Get in shape for the season of shorts and tank tops.

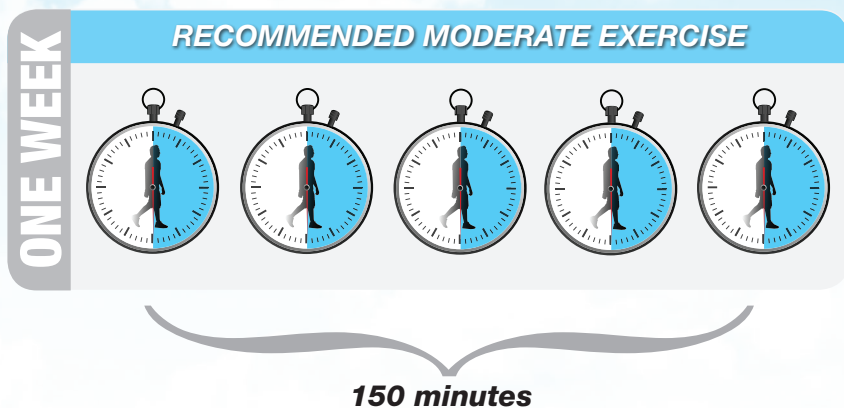


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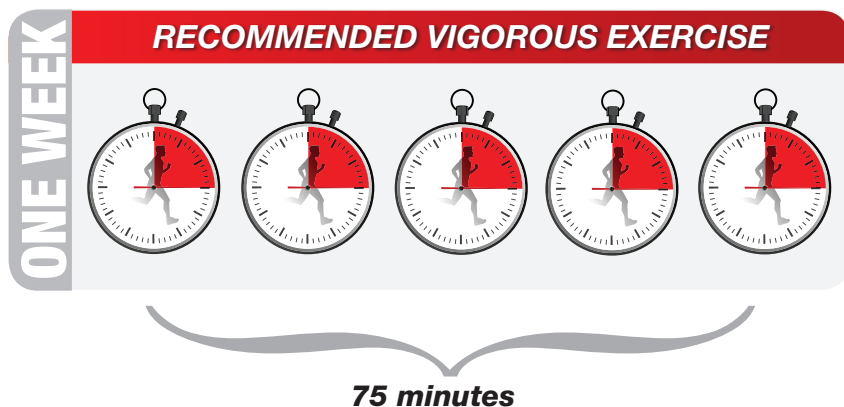


How Much Physical Activity Should I Get?

The American Heart Association recommends at least 150 minutes of moderate intensity physical activity a week. That breaks down to at least 30 minutes per day, five times a week.



You can shorten that time by exercising more vigorously: The alternate recommendation is at least 75 minutes of vigorous exercise per week. But, whether you're aiming for the 150 minutes of moderate or the 75 of vigorous, you can break either down into as little as 10-minute sessions sprinkled throughout your day.



Research has found that this amount of physical activity cuts your risk for heart disease and stroke, in addition to other health benefits. So it's an excellent goal to design your program around. And remember, the more minutes you exercise, the greater health benefits you'll enjoy.

Black Bean Salad

Serves 6

About \$0.84 per serving

- 1 15.5-ounce can no-salt-added or low-sodium black beans, drained
- 1 15-ounce can no-salt added or low-sodium kernel corn, drained or $\frac{3}{4}$ cup frozen corn, thawed
- 1 medium red bell pepper or 1 tomato diced
- $\frac{1}{2}$ cup red onion, diced
- 1 teaspoon minced garlic from jar
- 2 tablespoon chopped cilantro
- 2 tablespoons cider vinegar
- 3 teaspoons extra virgin olive oil
- Juice of 1 lime

Toss all together, chill at least one hour.

TIP: Serve this as a side salad to a meal or warm in microwave and use as a filling for tacos!

Nutritional Analysis (per serving)

Calories 142, Total Fat 2.5 g

Saturated Fat 0.5 g, Trans Fat 0.0 g

Polyunsaturated Fat 0.5 g

Monounsaturated Fat 1.5 g

Cholesterol 0 mg, Sodium 11 mg

Carbohydrates 26 g, Fiber 5 g

Sugars 6 g, Protein 6 g

Dietary Exchanges: 1½ starch, ½ fat



Keep Your Cool with Healthy Eating

Try these stay-cool healthy snacks:

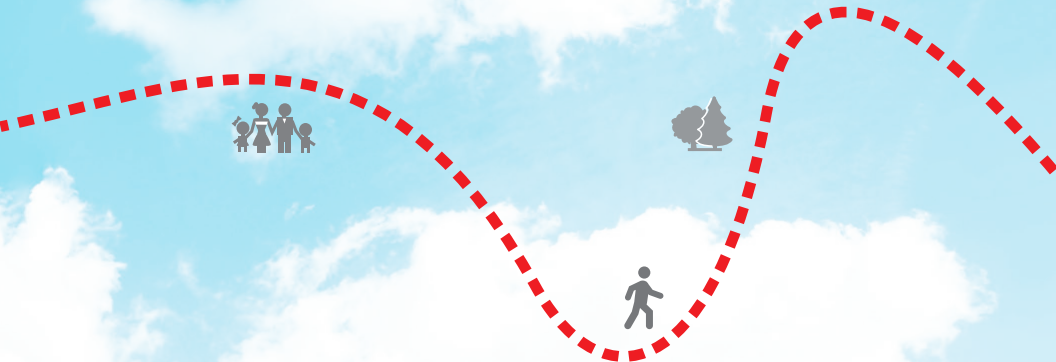
- frozen fruit
- homemade popsicles made from 100 percent fruit juice
- a pitcher of ice cold water with fruit slices, cucumber or mint
- fruit smoothies
- cold salads, loaded with raw vegetables, black beans or chickpeas, low-fat cheese or heart-healthy fish like albacore tuna or salmon
- cold, crispy raw veggies (see Cool Cucumber Dip recipe)

To Carb or Not to Carb

Wondering if you need to “carb up” before your daily walk? The answer is no: not unless you are doing heavy intensity or long duration exercise (like running a marathon). But a few things you do want to do: Eat breakfast and keep any pre-workout snacks light, such as a handful of whole-grain crackers or a piece of fruit.

Summer healthy eating tip: If you have a local farmer's market, take a stroll through it to find the freshest, in-season produce.





What Counts as Exercise?

Moderate vs. Vigorous

Any activity is better than no activity, but movement that raises your heart rate and challenges your muscles affords the most benefits.

Every minute counts, but in general, every *one minute* of vigorous activity is worth *two minutes* of moderate activity.

MODERATE	VIGOROUS
<i>Moderate</i> activity means that your heart is beating faster. You can still carry on a conversation, but you'll be breathing heavier. And you'll notice that you're starting to sweat.	<i>Vigorous</i> activity is higher intensity and it feels more taxing: Your heart is beating much faster. Although you can carry on a conversation, you will find yourself pausing to take a breath.
150 minutes each week: 30 minutes a day 5 days a week	75 minutes each week: 15 minutes 5 days a week
<u>Examples:</u> Walking at a brisk pace, riding a bike on flat ground, treading water, pushing a lawnmower or stroller (with a larger child), playing tag with kids, playing a game of volleyball or badminton, doing continuous gardening chores (such as weeding and mulching), inline skating at a moderate pace	<u>Examples:</u> Running/jogging, racquetball or tennis, swimming laps, biking up a hill, basketball, inline skating at a brisk pace



Yes, Exercise Can Be FUN!

Even families on the go can find ways to sneak in physical activity during the busy spring and summer months. A few ideas:

- Organize old-fashioned backyard games (like jumping rope, tag or relay races).
- Feeling creative? Build an obstacle course with your kids that involves activities like hopping, reaching, pulling and racing.
- Take a hike. Hiking is a fantastic way to explore new places.
- Try a stroller class with your little one.
- Organize a neighborhood scavenger hunt.
- Play pool games (like volleyball and tag) or have pool races.
- Strap on inline skates and head to the park.
- Take a family bike ride.
- Take your yoga mat outside while the little ones play in a splash pool.





Be Safe All Season Long

- **Sun Protection.** Don't forget to protect yourself and your family from the sun: Wear wide-brimmed hats, always apply water-resistant sunscreen with at least SPF 15 and reapply every two hours.
- **Summer Pests.** Nothing ruins a summer hike like a irritating tick bite. To keep ticks away, the Center for Disease Control and Prevention recommends avoiding tick-infested areas (high grasses are notorious) and using repellent containing 20 percent DEET. Once inside, shower as soon as possible and check your body (and your kids' bodies) for ticks. If you find a tick, remove it with a pair of fine-tipped tweezers. (Consult your healthcare provider if you develop a rash, fever, body aches, fatigue or headache, stiff neck or disorientation in the one-to-three weeks following a bite.)



Warm Weather Safety

When the temperature goes up, exercising outside becomes more challenging. Even heat-loving, sun-seeking exercisers can become overheated when the sun is beaming down in the heat of the day. The warm months also bring humidity to many parts of the country. With humidity, your sweat doesn't evaporate as quickly, so your body has a harder time releasing heat.

A few tips to keep in mind:

- ***Try to avoid exercising outside in the early afternoon:*** the sun is usually at its hottest between noon and 3 p.m.
- ***Drink water before, during and after you exercise.*** Bring a bottle of water with you, or plan water stops along your route.
- ***Wear lightweight clothes.*** Moisture-wicking fabric can also be a big help.
- ***Listen to your body.*** Take frequent breaks in the shade.
- ***If you're a heart patient, older than 50 or overweight, check with your healthcare professional before starting an exercise routine.*** Certain heart medications, such as beta-blockers, ace receptor blockers, ace inhibitors, calcium channel blockers and diuretics, can exaggerate the body's response to heat.

How do you know if you're suffering from a heat-related illness? Watch for these heat exhaustion symptoms:

- headaches
- heavy sweating
- cold, moist skin
- chills
- dizziness or fainting
- weak or rapid pulse
- muscle cramps
- fast, shallow breathing
- nausea, vomiting or both

Stop exercising right away, drink water, and move to the shade and douse yourself with cold water. You may need to seek medical attention.

Heat stroke is much more serious and requires immediate medical attention. Call 9-1-1 and get to a cooler place right away if you experience these symptoms:

- warm, dry skin with no sweating
- strong and rapid pulse
- confusion and/or unconsciousness
- high fever
- throbbing headaches
- nausea, vomiting or both



Walk With Purpose

Not only is regular, brisk walking the activity of choice for millions of people, but you also are more likely to stick with walking than any other exercise.

Regular physical activity helps prevent early death and chronic diseases such as coronary heart disease, stroke, type 2 Diabetes, depression, and some types of cancer. Research shows that for some adults, every one hour of regular, vigorous physical activity may increase life expectancy by two hours.

You can start walking today! It's free and requires no equipment other than a sturdy pair of walking shoes. As for when to walk, there is only one key: Choose a time that you can stick with. There's no "right" time to walk; it's about figuring out what works with your schedule.

Here are some additional ways to add walking to your day (remember, 10-minute sessions count toward the 30 minutes a day total).



- walk your errands
- walk the dog
- walk at lunch
- walk at work
(try an outdoor "walking meeting")
- walk at the park
(while kids are playing/
practicing sports)
- walk while catching up with
a friend on your mobile phone

Join a Club

An American Heart Association study showed that people are 76 percent more likely to take a walk if they know another person is counting on them. That's why we created Walking Clubs! Not only does a Walking Club provide a built-in accountability system, it's a great way to socialize and spend time with people who share your commitment to getting more physically active.

A Walking Club makes walking fun. Catch up with friends while the miles fly by. To join a Walking Club, simply visit [MyWalkingClub.org](https://www.mylivingclub.org) and click "Learn More." You'll also see information about how to start your own Walking Club.

Find a Walking Path

Searching for a new warm weather route? Great news! The American Heart Association has gathered nearly 30,000 Walking Paths, spanning more than 132,000 miles, and ranging in difficulty from easy to challenging. Find everything you need to know about Walking Paths at [StartWalkingNow.org](https://www.startwalkingnow.org).

Find Walking Paths in your area by searching ZIP code—and post your own too. Trying out a Walking Path is a great way to experience a change of scenery, freshen up your exercise routine, or learn about the hidden gems in your own backyard.

Print out the path you want to try, or follow along on your smartphone or tablet when you download the app. There's a handy tracking tool for logging your miles.

Mark your Calendar for National Walking Day

The first Wednesday in April is National Walking Day. Americans everywhere are encouraged to wear sneakers to work and take at least 30 minutes out of their day to get up and walk. Not only does National Walking Day raise awareness about how important it is to get regular exercise, it also gives your friends and family a friendly push toward a healthier life.



Register for a Heart Walk

More than a million people participate in Heart Walks around the country every year. Find one in your neighborhood at HeartWalk.org. Doing a Heart Walk is a great way to enjoy the weather, meet people, get re-energized, promote a healthy lifestyle and support a great cause.

Shop With a Cause

Check out fitness gear and accessories at ShopHeart.org. Looking for a birthday gift this summer? There are plenty of great options for men and women!

To Learn More

Want to know more about creating a healthy lifestyle? Check out the American Heart Association's healthy living initiative: *My Heart. My Life.*™ Visit Heart.org/MyHeartMyLife

Get Social:

[Facebook.com/AHALivehealthy](https://www.facebook.com/AHALivehealthy)

[Twitter.com/AHALivehealthy](https://twitter.com/AHALivehealthy)

