



**GET ACTIVE**  
Gold Coast

## BEING ACTIVITY WITH A HEALTH CONCERN: *heart disease*



***ALWAYS plan your physical activity program under the supervision of your doctor or health care professional. Your health care professional can help select and monitor the most suitable activities for you!***

Cardiovascular disease is the leading cause of death in Australia. This includes diseases such as heart attack and stroke. The results of studies show that people who modify their behavior and start regular physical activity after heart attack have better rates of survival and better quality of life.

### **STAY ACTIVE:**

Physical activity benefits males and females of all ages. There is increasing evidence that many benefits occur relatively soon after the adoption of an active lifestyle and are likely to occur at whatever age physical activity is commenced.

- Regular physical activity throughout life reduces the incidence and fatality rate from cardiovascular disease by up to 50%.
- For those with existing heart disease, being regularly active can decrease the chance of dying from another heart attack by 25%.
- Regular physical activity can reduce blood pressure (systolic and diastolic), decrease the risks for ischaemic stroke for older adults and favourably influence lipid profiles.

Regular physical activity is good for your health, but you don't have to exercise at a vigorous level to achieve health benefits. The Heart Foundation has developed a low-to-moderate intensity physical activity program called Heartmoves. Heartmoves is a gentle program suitable for anyone who hasn't been active in a while. You can exercise at your own pace in a friendly atmosphere. Heartmoves is open to everyone and is designed to be safe for people with stable long term health conditions such as heart disease, diabetes or obesity.

For further information talk to your health professional or contact:

### **Heart Foundation**

**Phone:** 1300 362 787

**Web:** [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

[www.heartmoves.heartfoundation.org.au](http://www.heartmoves.heartfoundation.org.au)

*Get up, get out... get active!*

[www.getactivegoldcoast.com.au](http://www.getactivegoldcoast.com.au)