



Stand Up for Your Heart

You can help keep your heart healthy by sitting less and moving more.

You don't have to run hills or do CrossFit to improve your health. Research shows that moderate-intensity activity can reduce your risk for early death. Moderate intensity means that your heart rate is up slightly and you're breaking a sweat.

Move more, live longer.

In addition to being physically active, avoid sitting or reclining for long periods. The less time you spend sedentary, the lower your risk for many health problems, such as obesity and heart disease-related death. Break up sitting time with light activity, such as a walk around your office. This habit can reduce the risk for obesity, studies show. At home, fold laundry while you watch TV.

Visit heart.org/physicalactivity for more tips on how to be active.