

Taking Exercise to Heart

*Build your relationships
while improving your heart health*



 **Marshfield Clinic**
 **MINISTRY HEALTH CARE**



Two Leaders, One Leading Heart Care Team





Taking Exercise to Heart

The Marshfield Clinic and Ministry Health Care heart care team is proud to be the team more families trust, and we want to help you be heart healthy. This guide is designed to help you find fun ways to exercise to improve your heart health.

If the need for heart care arises in your family, choose Marshfield Clinic and Ministry Health Care, the team with more heart specialists, performing more heart procedures, conducting more clinical research and handling more complex cases than any other program in the region.

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Take Care of Your Heart IN 2 WAYS

When something is good for your heart, it can mean that it will improve your heart muscle or that it will be emotionally fulfilling. Getting your exercise while having some fun is good for your heart both ways, making you happier and healthier!

*Get started by
grabbing your
friends and family
and getting outside!*



1

A HEART NEEDS EXERCISE

A lack of physical activity is a major risk factor for coronary artery disease. It is comparable to the increase in risk for smoking or having high cholesterol or high blood pressure. It's a growing problem, too: surveys show that 24 percent of adult Americans live a sedentary lifestyle. Fortunately, it's a risk factor we can all easily reduce by being more active.

Another reason to be encouraged is that it doesn't take much to make a difference. Even minor exercise, such as walking, yard work, dancing, home exercise and housework make a difference when you spend even as little as 30 minutes a day doing these activities. Committing to do a little each day is a stepping stone to more vigorous aerobic activities, such as jogging, brisk walking, bicycling, rollerblading and jumping rope, which will improve the fitness of your heart and lungs even more.

2

A HEART NEEDS LOVE, TOO

Taking care of your heart can be as emotionally fulfilling as it is physically rewarding. Spending time with people close to you can lower your stress level and make you feel more positive and full of energy. By combining exercise with relationship-building, you can experience a favorable feedback loop that encourages you to exercise more and put more energy into your relationships.

Here are a few ways to get started:

- Take a walk with your spouse, another family member or a friend – it's good for your relationships and good exercise for your heart.
- Make it a date! – don't miss regular activities by making them can't-miss events.
- Do activities that you enjoy.
- Join a group and help each other have fun and stay motivated.

*Take care of both aspects of your heart...
you'll live happier and longer.*



Exercise TIPS & TRICKS

- Start small, and raise the bar over time. Your goal should be to eventually exercise most days of the week for 30-60 minutes.
- Get your blood moving to the point where you feel warm.
- Perspiration and heavy breathing are good, but you don't have to get out of breath or exercise to the point where you feel a burning sensation in your muscles.
- Allow at least one month to give yourself every chance to stick with your plans. The first 2-6 weeks are the most difficult time to stay motivated and form healthy habits.
- Build in rewards for yourself and your family.

Play it Safe

If you are overweight, have not exercised for a long time, are at high risk for coronary artery disease or have other chronic health problems, talk to your physician before beginning any exercise regimen.

- Pay attention to signals of distress. If your body is telling you to ease off, slow down or stop exercising. If pain, dizziness, nausea or feelings of sickness do not subside, call a doctor.
- Warm up before you start with stretches and light activity.
- Cool down after you finish with more stretches and a gentle walk.
- Drink water before, during and after exercise. Drink more water when it's hot or whenever you sweat heavily.
- Wear comfortable walking or running shoes.
- Exercise with others to have more fun, build relationships and be safer.
- Walk or run in daylight hours, if possible, or on well-lit streets.
- Wear reflective clothing at night.
- Pedestrian traffic should be on sidewalks and pathways when possible, or on the side of the street facing traffic (left side of the road) when they are not available.
- Bicycle traffic should be on the side of the street moving with traffic (right side of the road).





Create new memories **WITH YOUR FAMILY**

Did you know you were exercising all those times you were playing your favorite childhood games?

Outside games like croquet, badminton, volleyball, softball or just playing catch can get you up and moving and be rewarding in more ways than one. Your heart will be stronger – and perhaps a little warmer.

Today's children may not play outdoor games as often as you did – but you can change that and improve the health of everyone involved! You're never too old to play with your kids, grandkids or neighbors the way you did when you were a child. It's a great way to bond and get the quality time your relationships need.





*Remember these
old favorites?*

- Kick the Can
- Red Rover
- Red Light,
Green Light
- Simon Says
- Follow the Leader
- Jumping Rope

*Wouldn't it be a
"kick" to teach
the youngest
members of your
family how to play
Kick the Can
this weekend?*

*If you've forgotten how
to play any of these
classic games, rules
and jump rope rhymes
are available on our
website. [Click here!](#)*

Learn more about heart health.

▶ Go to www.oneheartcareteam.org
and click on **YOUR HEART**

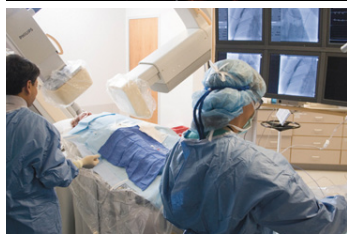
MORE FIRSTS from the **#1 Team in Heart Care**

As the region's leading heart care team, we've led the way to better heart health in Central and Northern Wisconsin for generations. Some of our more notable firsts include:

- **Rescue 1**, which speeds and unites the efforts of local hospitals and EMTs to get heart attack patients needed care faster.
- The region's **first 128-slice CTA scanner**, featuring **twice the resolution** of any other scanner in the area.
- The **Rb-82 cardiac PET/CT exam**, available only through our heart care team, which yields **high definition images** of heart function **faster**.
- The **Ministry Saint Joseph's Hospital Cath Lab** was the **first in the nation** to use the Phillips **FD 20/10 low dose, high definition X-ray imaging** in cardiac applications for **safer, more comfortable** procedures.

...And the **cardiac bypass surgery program at Ministry Saint Clare's Hospital** in Weston has surpassed national quality benchmarks, according to a leading national heart and vascular surgery registry. It should come as no surprise, since the program at Ministry Saint Clare's was built upon the same resources and protocols of care as the nationally recognized Ministry Saint Joseph's Hospital in Marshfield. It's one team in two locations.

MORE heart specialists · MORE heart procedures · MORE clinical research · MORE complex cases



LOCAL ACCESS TO ADVANCED CARE



Marshfield Clinic cardiologists are available for appointments and consultations at 15 locations.



Marshfield Clinic



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For a second opinion, or for more information on our heart care team, call us at **1-800-888-4755**

To find a primary care provider in your area, please visit us online at **www.oneheartcareteam.org**