

Moving Toward a Heart-Healthy Life

YOUR BODY WAS MADE TO MOVE!

All children should get **at least 60 minutes** of physical activity every day.

the good news:

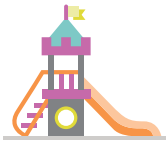


Most young patients with heart disease can exercise safely because most fun activities are noncompetitive, low-moderate intensity, and use just body-weight. You don't have to do all your exercise at once; small bursts of activity count too.

WAYS TO BE ACTIVE

MOVING AND PLAYING

at home, school, or work



Take the stairs, play at recess

RECREATIONAL SPORTS

no pressure to perform, can take breaks



Walk, jog, bike, work out at gym

COMPETITIVE SPORTS

pressure to train and perform at a high level



Playing for school or college teams

TYPES OF EXERCISE



AEROBIC

exercise makes you breathe fast and sweat

Low intensity | Can easily sing | Walking
Moderate intensity | Can talk in sentences | Jogging
High intensity | Can't speak full sentences | Running



STRENGTHENING

exercise makes you pull or push using your muscles

Use body-weight | jumping, push-ups, sit-ups
Use heavier weights | squats, bench-press

EXERCISING RIGHT



It's **OK to** sweat, feel a little breathless, and have mild soreness in your muscles.



It's **important to** drink water, avoid excessive heat, and take breaks.



WARNING SIGNS



You should **never** feel squeezing chest pain, dizzy, or pass out. This means you need to stop.

Stay safe!

Check with your health care team

before participating in competitive sports, moderate-high intensity exercise, or lifting heavy weights. Your care team might restrict you or recommend certain precautions.