

The Pennington Biomedical Research Center is a world-renowned nutrition research center.

Mission:

To promote healthier lives through research and education in nutrition and preventive medicine.

The Pennington Center has several research areas, including:

- Clinical Obesity Research
- Experimental Obesity
- Functional Foods
- Health and Performance Enhancement
- Nutrition and Chronic Diseases
- Nutrition and the Brain
- Dementia, Alzheimer's and healthy aging
- Diet, exercise, weight loss and weight loss maintenance

The research fostered in these areas can have a profound impact on healthy living and on the prevention of common chronic diseases, such as heart disease, cancer, diabetes, hypertension and osteoporosis.

The Division of Education provides education and information to the scientific community and the public about research findings, training programs and research areas, and coordinates educational events for the public on various health issues.

We invite people of all ages and backgrounds to participate in the exciting research studies being conducted at the Pennington Center in Baton Rouge, Louisiana. If you would like to take part, visit the clinical trials web page at www.pbrc.edu or call (225) 763-3000.



Promoting Healthier Lives Through Research and Education in Nutrition and Preventive Medicine



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*Exercise and
Your Heart*



Pennington Biomedical
Research Center



The Facts About Exercise and Your Body



Risks of inactivity:

- Inactivity is a major risk factor for coronary artery disease.
- Inactivity can lead to high insulin levels, insulin resistance and abdominal obesity.

Benefits of exercise:

- Everyone benefits from physical activity, especially patients with heart failure.
- Physical activity, along with a low fat diet, are the two most successful means of maintaining heart healthy fitness and weight.
- Exercise helps to improve heart health and may even be able to reverse some of the risk factors for heart disease.

- Exercise improves insulin, blood glucose, cholesterol, and lipid levels, reduces inflammation in the arteries, and improves weight loss maintenance.
- Exercise helps to keep blood vessels flexible and free of fatty deposits.
- For the greatest amount of heart protection, it is not the duration of your exercise session that matters, but the total amount of energy expended in a day.
- Men can cut their risk for stroke in half if they exercise from 30 to 60 minutes five days a week.

Types of exercises:

- Aerobic exercise strengthens the heart and lungs, thus improving the body's ability to use oxygen.
- Examples of aerobic exercise include: walking, jogging, jumping rope, bicycling, skating, or water aerobics.
- Aerobic exercise can help to decrease heart rate and blood pressure at rest, as well as improving lung function.
- Anaerobic exercise is intense, very short duration and used to build

strength.

- Types of anaerobic exercise are weight lifting and short sprints.

Getting ready to exercise:

- Be sure to wait at least 1 1/2 hours after eating a meal before exercising.
- Begin to drink water before you exercise, and continue during the exercise session. This can prevent dehydration.
- Make sure to wear appropriate clothing to allow air circulation and to prevent overheating.
- Wear comfortable shoes, particularly for any aerobic activity.
- Avoid exercising in high heat and humidity. High humidity can make you tire more quickly and extreme temperatures may interfere with circulation.

