



Running for your Heart Health

Presented By |
HealthCheck360



Agenda

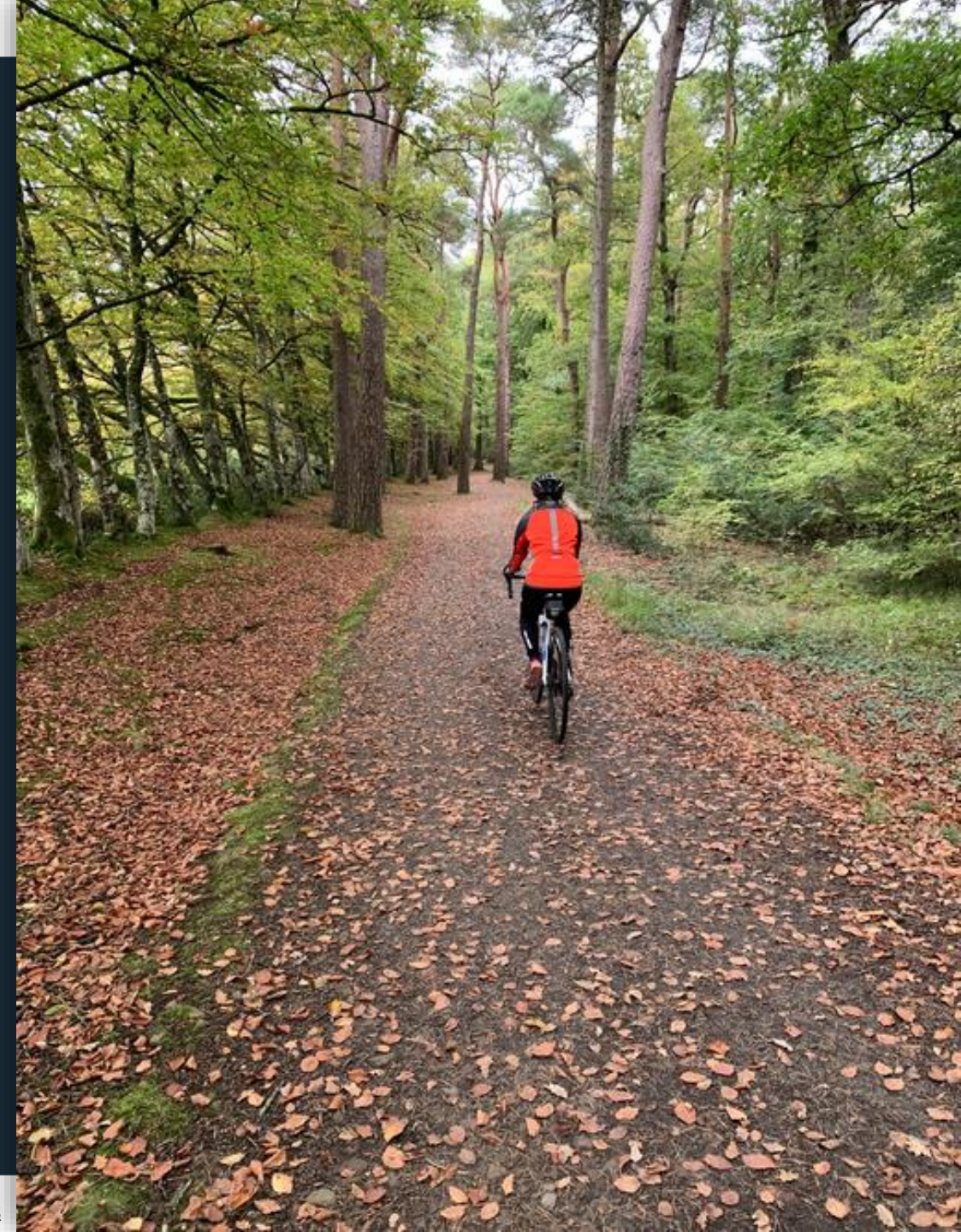
What is cardio
Benefits
Getting started



What is Cardio?

Cardiovascular exercise

- Exercise that raises your heart rate for an extended period.
- Also referred to as aerobic exercise
- Walking, running, cycling, swimming, etc.





Benefits of Cardio

Heart

- Blood pressure
- Cholesterol
- Weight management

Blood sugar

Muscle and bone maintenance

Risk of falls

Fatigue and stamina

Sleep

Skin



Benefits of Cardio

Immune support

- Circulation
- Gut health
- Inflammation
- Sleep and stress

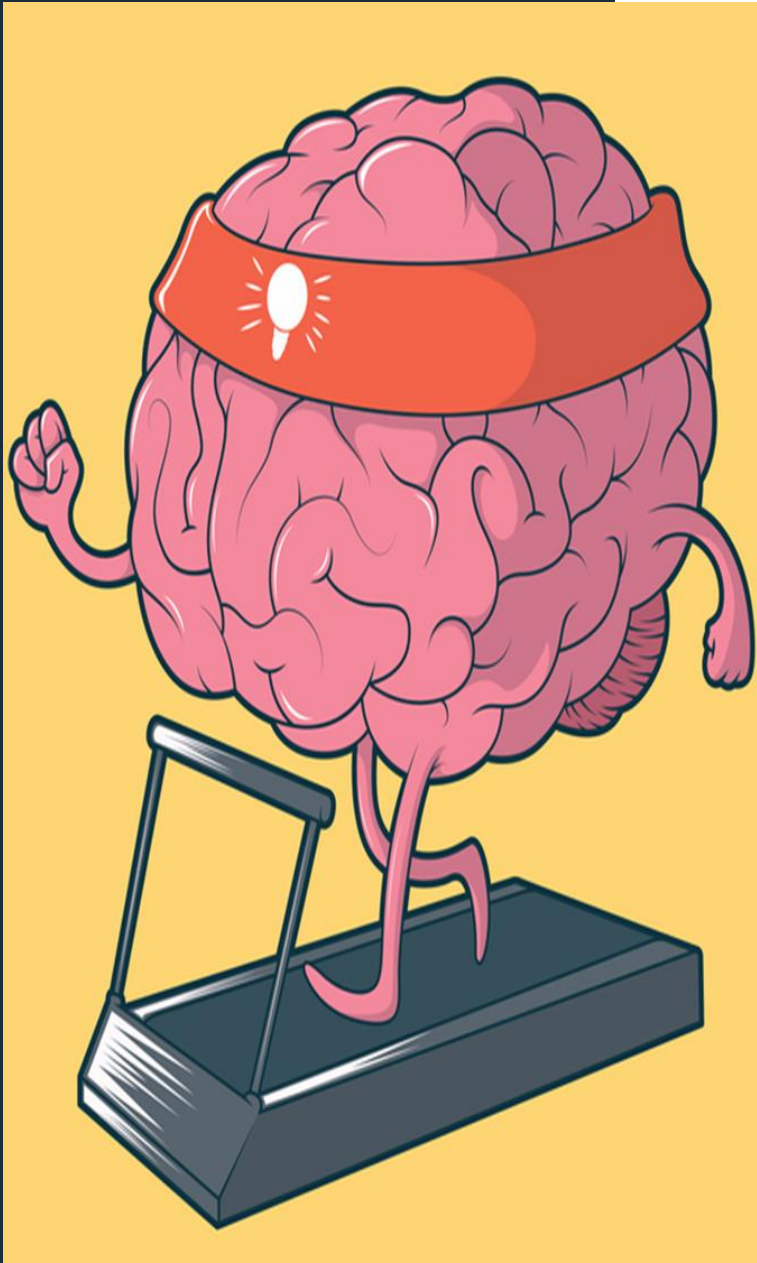
*Be mindful of intensity

Pain Relief

Cancer treatment support

- Reduces fatigue
- Improves strength, balance, flexibility
- Improves lung and heart health
- Boosts mood





Benefits of Cardio

Brain Health

- Feel-good hormones
- Resilience
- Social Connections
- Self-esteem and self-image
- Cognitive clarity



Getting started

Talk to your doctor

Goal

- 150 minutes of moderate activity each week

Start small

Warm up

Find something you enjoy

Find a workout buddy

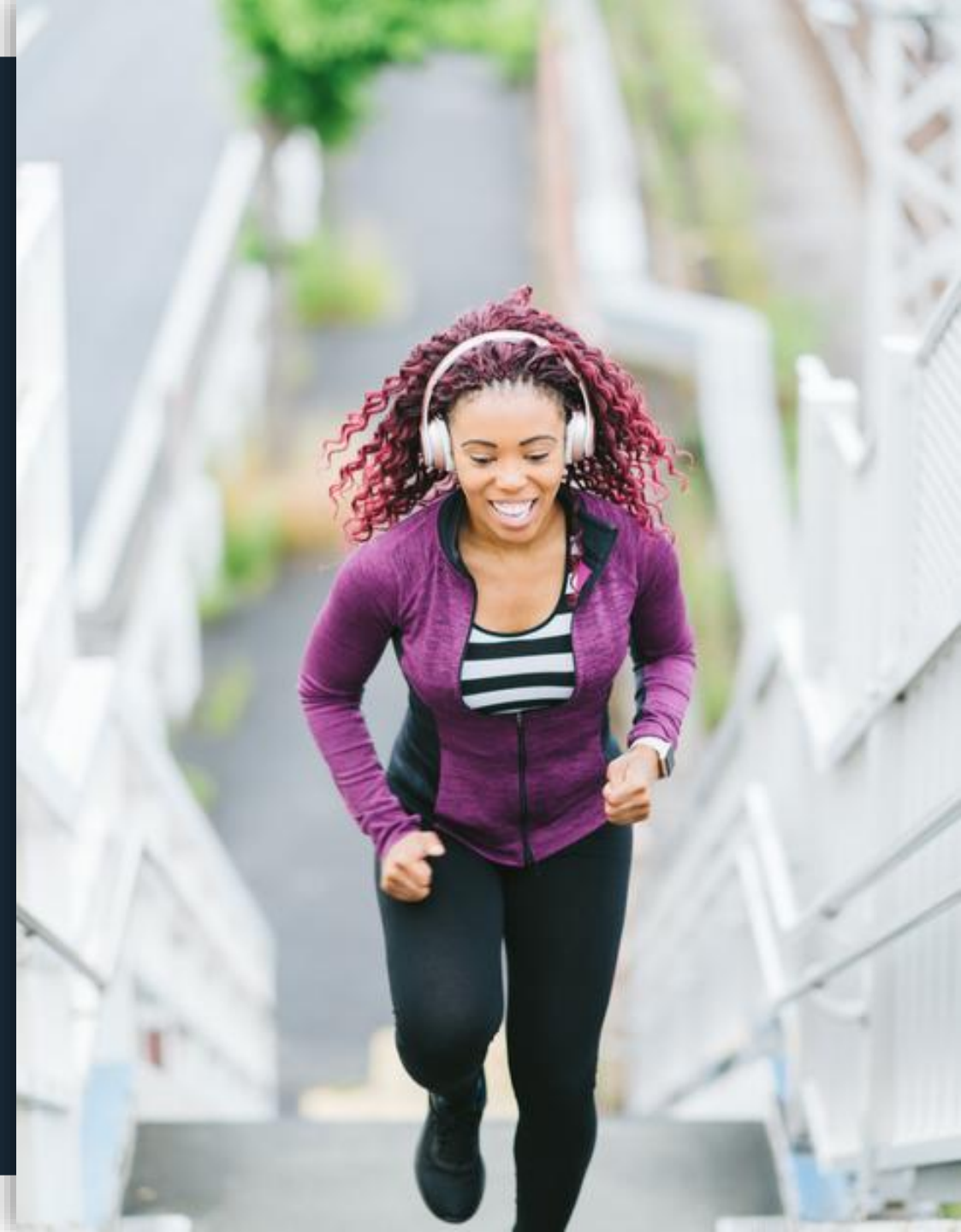
Add variety

Progressions

- Speed
- Duration
- Resistance

Considerations

- Blood sugar
- Arthritis/joint concerns
- Heart concerns
- Asthma





Summary

Cardio is whatever you want it to be
It benefits you mentally and physically
Start slow, find what you enjoy, and get moving!



Upcoming Webinars

Choosing Healthier Convenience Foods

Making smart choices on the go is tough. Learn how to spot nutritious convenience foods that support your health without sacrificing time or taste.



March 4

AI for Health

From personalized tips to accountability tools, explore how artificial intelligence is transforming the way we manage personal health.



April 1

Lifestyle Rewards



1. **True or False: Cardio is exercise that lowers your heart rate.**
 - a) True
 - b) False
2. **What is one benefit of cardio that was mentioned?**
 - a) Sleep quality
 - b) Feel-bad hormones released
3. **What is one tip for getting started with cardio that was mentioned?**
 - a) Start big
 - b) Progress by increasing time

*** If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**



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- 1-866-511-0360 or healthcoach@healthcheck360.com



Questions?

