

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #11: DO SOMETHING FUN!

That's right. That is the exercise for this month! Do something fun that gets your heart pumping.

Be creative about it. Play hopscotch in the driveway, plant new flowers in your garden, or take a walk. Wash your car or have a water balloon fight. Turn the music up loud (or listen to your iPod) and DANCE! Dance like crazy (you are allowed to close the curtains if you have nosey neighbors—no-if you do-who cares, they should be dancing too!)

Do something that you enjoy; that makes you smile or laugh out loud. When you smile and laugh, you feel better-which helps you relax-which also reduces your blood pressure (more on this next newsletter!) Do something fun for 10 minutes every day. Okay, if you really can't fit something fun in every day for 10 minutes (you should really adjust your schedule) then schedule it in every other day. You will be glad you did.

Just a few ideas:

Plant flowers or veggies in your garden

Go out and play. Yes, play!

Skip

Take a walk

Wash your car

Throw water balloons

Have a catch with someone

Dance

Visit your favorite museum (you will be walking-see how this works?)

Go bird watching (again-walking)

Swim

Laugh

Whatever you do, get up and do something that you enjoy. YOU are worth it!

Alaina M. Eichinger • Certified Personal Trainer • Lansdale, PA • In-home training also available
Training sessions available at the Horsham Athletic Club, Horsham, PA • 215-675-4535

For more information, visit us at: www.CarolForHeart.org