



WORK IT OUT

QUICK GUIDE

PHYSICAL ACTIVITY



TRINIDAD & TOBAGO
HEART FOUNDATION

WHY SHOULD I BE MORE ACTIVE?

Regular physical activity is one of the best things you can do for your heart health.

Your heart like any other muscle needs physical activity or exercise to help it work properly.

By making your heart work a little harder, you can cut your risk of heart disease by as much as 35%.

Physical activity can help control blood cholesterol, diabetes and obesity.


It can also help to lower blood pressure in some people, strengthen your heart and lower your stress level.



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TRY TO DO AT LEAST
150 MINS
(2.5 HRS)

**OF MODERATE-INTENSITY
PHYSICAL ACTIVITY EACH WEEK**

This is anything that raises your heart rate, makes you breathe heavier and feel warmer, but holding a conversation is still comfortable, like brisk walking. You can spread out the 150 minutes over the week.

OR YOU CAN TRY TO DO

75 MINS

**OF VIGOROUS-INTENSITY
PHYSICAL ACTIVITY**

Vigorous-intensity activity makes it hard to speak or say more than a few words.



COMMON TYPES OF EXERCISE

Aerobic exercise

Aerobic exercise is any type of continuous activity that works your heart, lungs and muscles. The core of any fitness program should include some form aerobic exercise. Examples include swimming, running, and dancing.



Strengthening exercises

These exercises help increase muscle power and strength. Examples include resistance training, bodyweight exercises and weightlifting.

Balancing exercises

Activities that test your balance are good for general mobility and improving body coordination. Examples include pilates, t'ai chi.

Flexibility exercises

These types of exercises help muscle recovery, maintain range of motion, and prevent injuries. Examples include yoga or individual muscle-stretches.



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FITNESS TIPS

Warm Up and Cool Down

Before you exercise ensure you warm up your muscles. It helps you be more efficient and safer during your workout. The more intense the activity, the longer the warm-up, and you should use your entire body.

Cooling down after a workout is just as important as warming up. A cool-down after physical activity allows a gradual decrease in body temperature at the end of a workout session.

Stretching can help reduce the buildup of lactic acid, which can lead to muscles cramping and stiffness.

Stay Hydrated

Staying hydrated helps the heart pump blood more easily to the muscles. Drink water before, during and after activities, even if you don't feel thirsty.



BASIC CIRCUIT WORKOUT

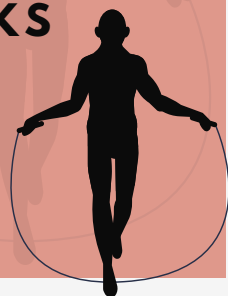
COMPLETE AS MANY REPS AS YOU CAN OF EACH EXERCISE FOR 60 SECONDS,
TAKE A 15-30 SECOND BREAK, THEN MOVE TO THE NEXT EXERCISE.

IF YOU'RE SHORT ON TIME, COMPLETE ONE ROUND, OR DO 2-3 ROUNDS FOR A
MORE INTENSE WORKOUT



DON'T FORGET TO WARM UP! WE SUGGEST A WARM-UP
THAT ENGAGES EACH BODY PART AND GETS YOUR
MUSCLES READY FOR THE WORKOUT AHEAD.

**JUMP ROPE
OR
JUMPING
JACKS**



PUSH-UPS



SQUATS



**JUMPING
JACKS
OR
HIGH
KNEES**



LUNGES

(EQUAL REPS
EACH SIDE)



SIT-UPS

(LEG LIFTS
OPTIONAL)



PLANK

TRY TO KEEP YOUR BODY IN A STRAIGHT
LINE. MAKE SURE YOUR BODY'S WEIGHT IS
DISTRIBUTED EVENLY.



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Workout Planner

MONTH / WEEK:

DAY	MY WORKOUT PLAN	COMPLETE?
Monday		Yes / No
Tuesday		Yes / No
Wednesday		Yes / No
Thursday		Yes / No
Friday		Yes / No
Saturday		Yes / No

Notes:



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Although moderate physical activity is safe for most people, you should talk to your doctor before you start an exercise program, especially if you have the following: heart disease, type 1 or type 2 diabetes, arthritis, high blood pressure.

The Trinidad and Tobago Heart Foundation (TTHF) non-profit, non-governmental foundation whose principal objective is advocating for the prevention of Cardiovascular Disease, creating awareness of heart health, healthy lifestyles and proper dietary habits in an effort to reduce the incidence of heart disease and stroke.

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