

## **Mayo Clinic Minute**

### **Brisk walks good for women's hearts**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	When it comes to heart health, we focus on numbers: blood pressure, cholesterol, blood sugar and weight. New research shows we should also count activity.
<b>Amy Pollak, M.D.</b> <b>Cardiology</b> <b>Mayo Clinic</b>	“Because that can have an impact on those numbers.”
<b>Vivien Williams</b>	Dr. Amy Pollak says a study in the journal <i>Creative Nursing</i> shows women who walk briskly for 150 minutes a week — that’s about 30 minutes, five days a week — can improve their heart numbers and heart health.
<b>Amy Pollak, M.D.</b>	“Blood pressure and weight improved in under three month’s time with just moderate walking exercise.”
<b>Vivien Williams</b>	The study also shows rewarding yourself with a special cup of coffee or a treat other than food boosts incentive and gets you to exercise more.
<b>Amy Pollak, M.D.</b>	“Really can help you to improve the amount of time that you spend exercising.”
<b>Vivien Williams</b>	Dr. Pollak says walking is great exercise, but she also says any activity that gets you moving and your heart rate up is good for your heart health. For the Mayo Clinic News Network, I’m Vivien Williams.