Mayo Clinic Minute: Is your exercise program heart-healthy?

Heart disease is the leading cause of death for men and women in the U.S. According to the Centers for Disease Control and Prevention, one person dies every 34 seconds in the U.S. from cardiovascular disease. Experts say getting regular exercise is one of the best ways to fight heart disease, by helping lower blood pressure and cholesterol, maintaining a healthy body weight, and strengthening your heart muscle.

Dr. Regis Fernandes, a Mayo Clinic cardiologist, says whatever form of exercise you chose, there are two key things to keep in mind when exercising for optimal heart health.

Video	Audio
	Regular exercise is important for your health. And if your goals include heart health, Mayo Clinic's Dr. Regis Fernandes says any type of exercise will do, as long as you do it for 150 minutes per week.
Regis Fernandes, M.D. Cardiovascular Medicine Mayo Clinic	"Such as walking, biking, swimming, anything that you're moving the large muscles in the body, but it's important to be at moderate intensity."
	There's an easy way to know if you're at moderate intensity.
	"So, if you're walking and breathing by the nose, you're not at that level yet. If you're walking and you cannot talk, that's too high. So, the sweet spot for moderate intensity is just breathing by mouth, but you're still able to talk to someone."
	Dr. Fernandes says for the best overall health, include resistance training, like weights, along with your cardiovascular exercise.
	For the Mayo Clinic News Network, I'm Marty Velasco Hames.