

GOING FROM 0 TO 60 – TAKES TIME!!

Risk of Heart Attack from Vigorous Activity

Studies have shown that mild to moderate activity can decrease the risk of heart disease up to 50%. However, vigorous activity in people who are not vigorously active on a regular basis actually increases their risk of having a heart attack, even in persons with few risk factors. Vigorous activity can be described as an activity that causes you to sweat, breathe heavily and cause you to be unable to carry on a conversation. Examples of vigorous activities can be hockey, soccer and snow shoveling.



Risk Factors for Heart Attack

Some risk factors are things you have control over. These modifiable risk factors include smoking, physical inactivity, eating foods rich in saturated, hydrogenated and trans fats, stress, obesity, diabetes, high blood pressure and high cholesterol. Non-modifiable risk factors, or things you have no control over, include age and a family history of heart disease. Also, men are generally at higher risk, however the number of women with heart disease is increasing.

The Signs and Symptoms of Heart Attack

- ♥ Signs and symptoms include sudden discomfort or pain in the chest, neck, jaw, shoulder, arm(s) or back that does not go away with rest.
- ♥ Some people describe it as burning, squeezing, heaviness, tightness or pressure. In women, the pain may be more vague.
- ♥ Persons may also have difficulty breathing, nausea, vomiting, or feel like they have indigestion.
- ♥ Persons may have cool and clammy skin, and experience anxiety and/or deny that they may be experiencing a heart attack.
- ♥ Signs may be mild or severe. If you or someone you know is having any of these signs, CALL 911 or your local emergency number immediately.

Tips on Preventing Heart Attack and Heart Disease in Vigorously Active Individuals

Be Physically Active ♥

To do vigorous activity safely, you need to engage in a vigorous activity for 20-30 minutes at least 4 days a week. Also include a balance of strength, flexibility and endurance activities throughout your week. Be sure to consult your health care provider prior to starting the activity. Start slowly and gradually do a little more, a little more often, harder, longer and more safely.



Eat A Wide Variety Of Foods ♥

According to Canada's Food Guide, as part of balanced eating, we need to enjoy a variety of foods from each of the 4 food groups; grain products, vegetables and fruit, milk products and meat & alternatives. Also, choose foods that are whole grain, high in fibre, rich in color and lower in fat more often.



Be Smoke Free and avoid being exposed to second-hand smoke or (ETS) ♥

By not smoking and avoiding second-hand smoke, you can reduce your risk of developing heart disease, heart attacks, strokes and certain cancers. Within five minutes of second-hand smoke exposure, the aorta becomes stiffer; within 30 minutes, blood platelets are activated, which makes the blood "stickier" and damages artery linings which can lead to a heart attack.



Have regular medical check-ups that include measurement of your blood cholesterol level. You can also be tested for diabetes, one of the major risk factors for heart disease.