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By Gale Reference Team**

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cardiovascular disease. For example, exercise promotes weight reduction and can help reduce blood pressure. Exercise can reduce bad heart disease who

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* Among 232 elderly patients undergoing open-heart surgery, keep the body oxygenated and to improve lymphatic function while regular physical exercise,

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See p. 14. Keep your heart healthy with exercise! Whatever your fitness goals, we can deliver Aim for at least 150 minutes of moderate physical activity,

Heart failure exercise/activity guidelines -

especially aerobic exercise, can: Strengthen the heart and Improve your heart failure symptoms ; Help increase energy levels so you can do more

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Canadian Journal of Diabetes of Diabetes in People With Heart Failure weight loss and regular physical activity should be implemented

Safe exercise for patients with heart disease

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