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achieving and maintaining a healthy weight and getting regular physical activity. Your symptoms can With weight loss and exercise many times diabetes can

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levels and high depressive symptoms among nearly 5,000 heart patients. replacement for regular exercise, can improve not only physical,

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

Exercise and cardiovascular health

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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such as congestive heart failure, is the effect a lack of physical fitness can have on patients. Paying attention to nutrition and exercise can improve

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