



Exercise and the Heart

Siti Aishah Bt Abdul Aziz

Heart is actually a muscle. When a muscle is left at dormant state for a long time, its performance will degrade and becomes weak. This is also applicable to our heart. It needs regular workout so that it will become stronger and work efficiently. Although there have been no evidence that exercise could prevent heart disease, it appears to be reducing other factors that may contribute to heart diseases. Stress and high blood pressure is closely related to heart disease. By exercising, we are able to reduce heart rate. This is because our heart is working while we are exercising and enhances its performance to pump blood throughout the body. Apart from that, blood pressure is reduced, the amount of fat going through your body is eliminated and you will have toned body.

Exercise has a wide meaning. To increase the performance of the heart, special type of exercise is needed. To have good results, one needs to undergo aerobic exercise. Continuous and rhythmic, aerobic exercises increase heart rate and keep it at certain level as long as you are exercising. When this happens, the heart will be able to adapt to a new activity. As time goes by, the heart becomes stronger and its ability to pump blood throughout the body increases. Examples on aerobic exercises are cycling, marathon walking, and swimming, jogging and running.

Generally, exercising between 20 to 30 minutes per session at least 3 times a week is recommended for everybody. Regular exercising will help your heart develop better performance and hence having better health than you used to be. American Heart Association recommends workout session most days in a week. Not only exercise will benefit you in terms of physical health, exercise will also help to elevate your mood.

Exercising is good for everybody but you have to be careful if you have illness associated with your heart. You must consult your doctor or a physician

before you can do any type of exercises. You need to ask about important things such as frequency of exercise that you can do per week, the type of exercise suitable for you and more importantly, are you permitted to take any medication before or while undergoing an activity. By consulting with your doctor, you can find the best exercise program that will help you benefit the most out of each session. Your physician will also be able to fit the perfect robustness and bodily condition.

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