

Taking CONTROL

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Don't Go

It Alone!

You joined the gym knowing you want a change. Maybe its to gain a better understanding of your health requirements. It is often a vague concept to lose weight or enhance your strength and endurance. But, the intimidating atmosphere of the gym is daunting. The array of machines, racks of dumbbells, and rowers stacked against the walls can be overwhelming, especially when embarking on a fitness journey alone.

Everyone's goal is their own.

The hard part is learning what your personal goal is! We can help you....

Baby steps or diving into the deep end...

It's your goal, and how you want to achieve it is for you to decide.



Getting Assistance... to Remain Heart Healthy

Why would a physical therapist be helpful to improving my cardiovascular health?

Physical therapists can help improve cardiovascular health by understanding how the cardiovascular system affects movement and function. They can provide appropriate exercise education for maintaining or improving cardiovascular health, especially for patients with conditions managed with medication. Physical therapists can also address injuries and degenerative changes that make aerobic conditioning difficult, and provide education on manageable aerobic training methods. Additionally, new diagnoses or illnesses can lower cardiovascular health due to inactivity or reduced daily movement. Physical therapy can address movement restrictions and provide education to get patients back on track, improving their health and quality of life.

Hear disease is widespread. It resulted in 859,125 deaths in the United States in 2017, according to the American Heart Association. It also is the leading cause of death globally, with 17.8 million related deaths in 2017. This number is expected to grow to more than 2.2 million by 2030. Heart disease is the world's leading cause of death each year, taking more lives than cancer and lung diseases combined.

Heart disease, also known as cardiovascular disease,

is any disease that involves the blood vessels in the heart, limbs, or brain. The term covers:

- High blood pressure
- Heart attack
- Heart failure
- Heart valve problems
- Peripheral artery disease
- Stroke

The primary risk factors for developing heart disease include:

- High blood pressure (hypertension)
- Disease of the coronary arteries
- A history of prior heart attack
- A family history of heart disease
- Cigarette smoking
- Physical inactivity
- Increased body mass index/overweight
- High cholesterol
- Diabetes
- Age over 45 for men; over 55 for women.

Aerobic exercise

has been studied extensively and the evidence strongly supports how aerobic exercise improves the functions of other body systems.

- tissue healing
- cognitive function
- digestion
- sexual function
- sleep quality
- hormone regulation
- reduces body fat
- bone density
- cancer prevention
- mental health

Stories in this publication are based on information from:

- American Physical Therapy Association
- American Heart Association
- American Cancer Society

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Strength training has always been associated with building muscle, improving bone density, and enhancing physical performance. However, its benefits extend far beyond aesthetics and physical strength. Increasingly, research is highlighting the critical role strength training plays in improving heart health. By incorporating varying levels of intensity, individuals can further optimize cardiovascular benefits, making strength training an integral component of a heart-healthy lifestyle.

Strength training improves heart health by reducing risk factors, supporting weight management, improving cardiovascular efficiency, and reducing inflammation.

- 1. Reduces blood pressure,** improves cholesterol profiles, and enhances blood sugar regulation.
- 2. Enhances endothelial function,** promoting healthy circulation.
- 3. Increases resting metabolic rate,** aiding in weight maintenance.
- 4. Strengthens the heart muscle** indirectly by increasing circulation and promoting a robust vascular system.
- 5. Reduces systemic inflammation,** as evidenced by decreased C-reactive protein (CRP) levels.

Incorporating varying intensities into strength training enhances heart health benefits.

- 1. Low-intensity training** improves circulation and builds muscular endurance, benefiting beginners, recovering individuals, and older adults. It minimizes cardiovascular strain while gradually improving heart efficiency.

- 2. Moderate-intensity training** increases heart rate, stimulating cardiovascular conditioning. Compound movements like squats, lunges, and rows improve stroke volume and cardiac output.
- 3. High-intensity training,** often integrated into interval formats, elevates heart rate significantly. It mimics HIIT, improving oxygen utilization, arterial flexibility, and reducing resting heart rate. High-intensity sessions also promote a "afterburn effect," where calories are burned and metabolism improves post-workout.

- 4. Periodization,** cycling through low, moderate, and high-intensity training, allows the cardiovascular system to adapt and minimizes overtraining risks. Alternating intensities ensures a comprehensive approach to heart health, improving endurance, strength, and recovery.

Guidelines for Safe and Effective Strength Training

Aim for at least two to three strength training sessions per week.

Strength training offers heart health benefits like improved circulation and reduced cardiovascular disease risk. Varying intensities maximize these benefits, challenging and conditioning your heart. A diverse and well-structured strength training program builds muscle and fortifies your cardiovascular system, leading to a healthier heart.

Make today a beginning!

Call and make an appointment with our staff to start on the path to heart health.



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