

Lifelong Balance

» HEART HEALTH ESSENTIALS



Welcome to class! We will begin shortly!

Today's Discussion

Heart Health Essentials

Today's Discussion

1

Understanding
the
cardiovascular
system

2

Exploring
healthy
blood
values

3

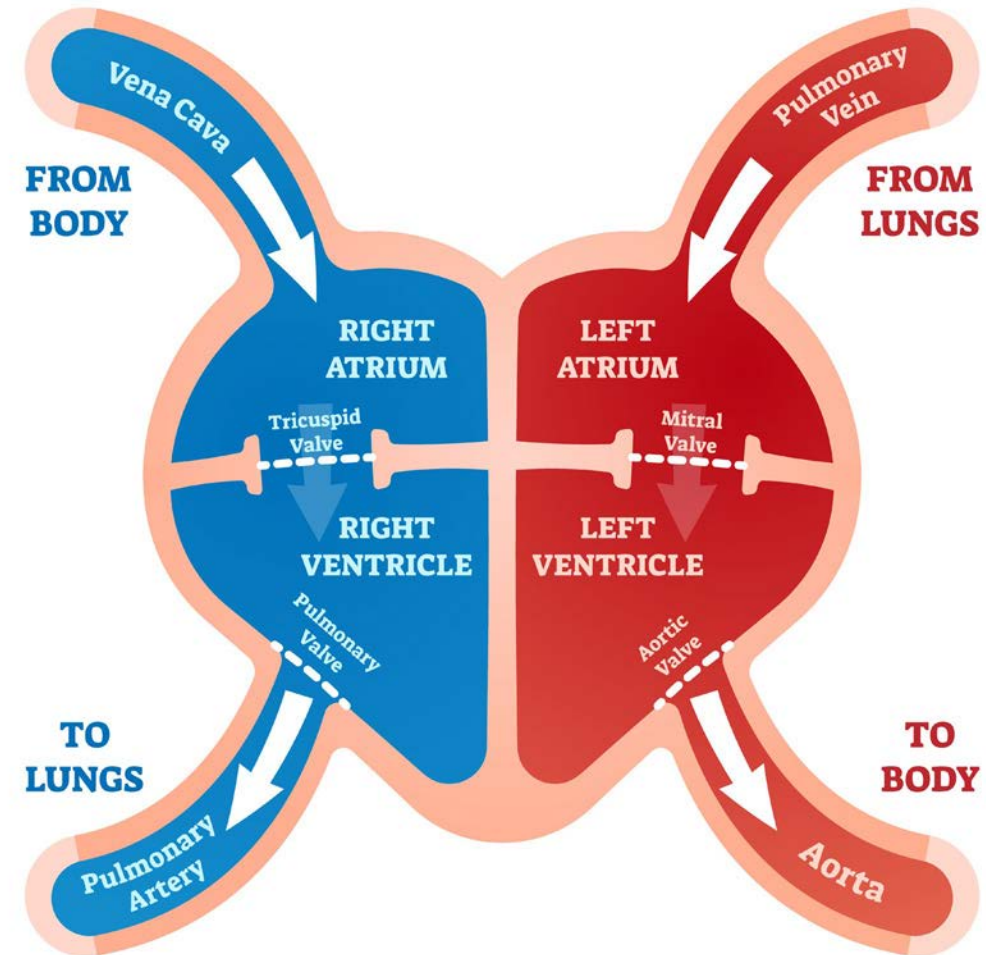
Nutrition and
exercise for
heart health

What do you want to spend the
most time talking about today?



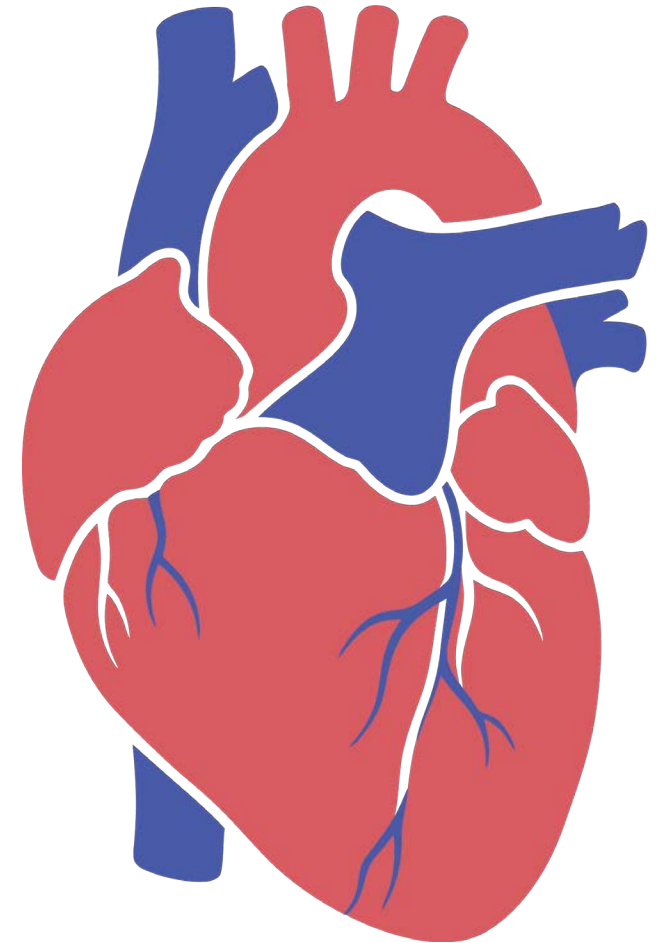
The Cardiovascular System

- The heart
- Blood vessels
 - Arteries
 - Veins
 - Capillaries
- Blood



What Your Heart Does for You

- Carries oxygen and nutrients to every cell
- Moves waste products out of the body
- Delivers hormones and other messengers
- Helps keep your body in balance
- Without a healthy cardiovascular system, the body can't survive or thrive



Blood Vessels Act Like Muscles

- **Arteries**

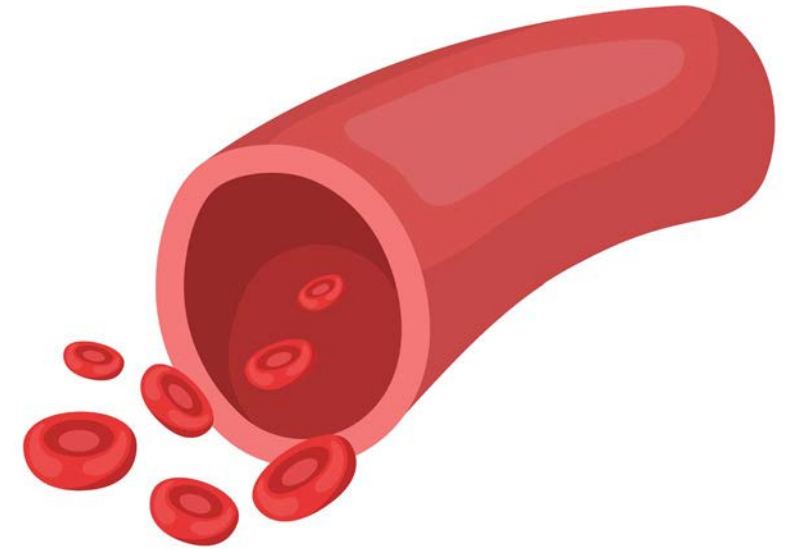
- Thick, strong walls
- Handle high pressure from the heart

- **Veins**

- Thinner walls
- Help blood return to the heart

- **Blood Vessels**

- Can tighten (narrow) or relax (widen)
- Stiff vessels that can't open and close well make it more difficult for blood flow



The Heart is a Muscle

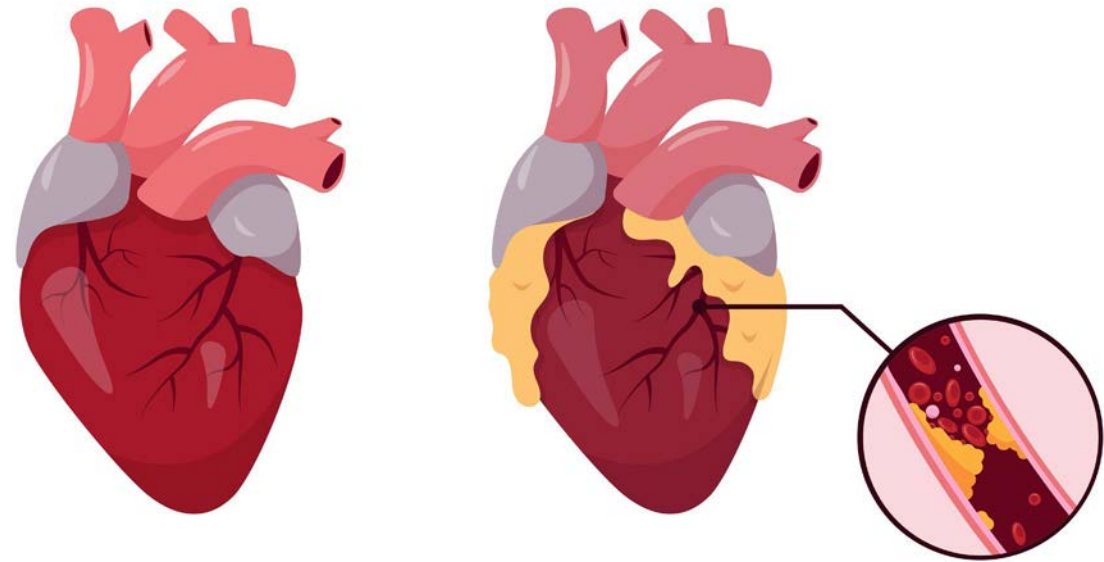
- The heart squeezes (contracts) to pump blood through the body
- A stronger heart pumps more blood with each beat
- This means it doesn't need to beat as often (lower resting heart rate)

How can we train the heart?



What Happens When the Heart is Unhealthy?

- High blood pressure
 - Makes the heart work harder
- Stroke
 - Blocked blood flow to the brain
- Blood clots
 - Block circulation in other parts of the body
- Heart failure
 - The heart can't pump blood as well



Have you had your blood pressure checked in the past year?

What is High Blood Pressure?

- Higher-than-normal force of blood against the artery walls
- Diagnosed when two or more blood pressure readings are 140/90 or above over a 2- to 4-week period



Cholesterol and Triglycerides

- **LDL ("Bad" Cholesterol)**

- Brings cholesterol into arteries
- Too much can cause plaque buildup and higher risk of heart attack & stroke

- **HDL ("Good" Cholesterol)**

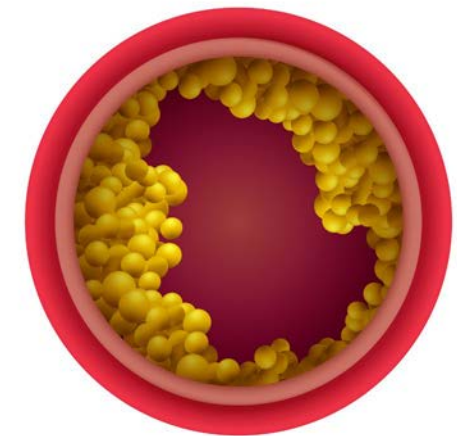
- Clears extra cholesterol from blood
- Helps protect the heart

- **Triglycerides**

- Fat made from extra calories
- High levels increase heart disease risk



NORMAL ARTERY



ARTERY NARROWED

Healthy Cholesterol & Triglyceride Levels

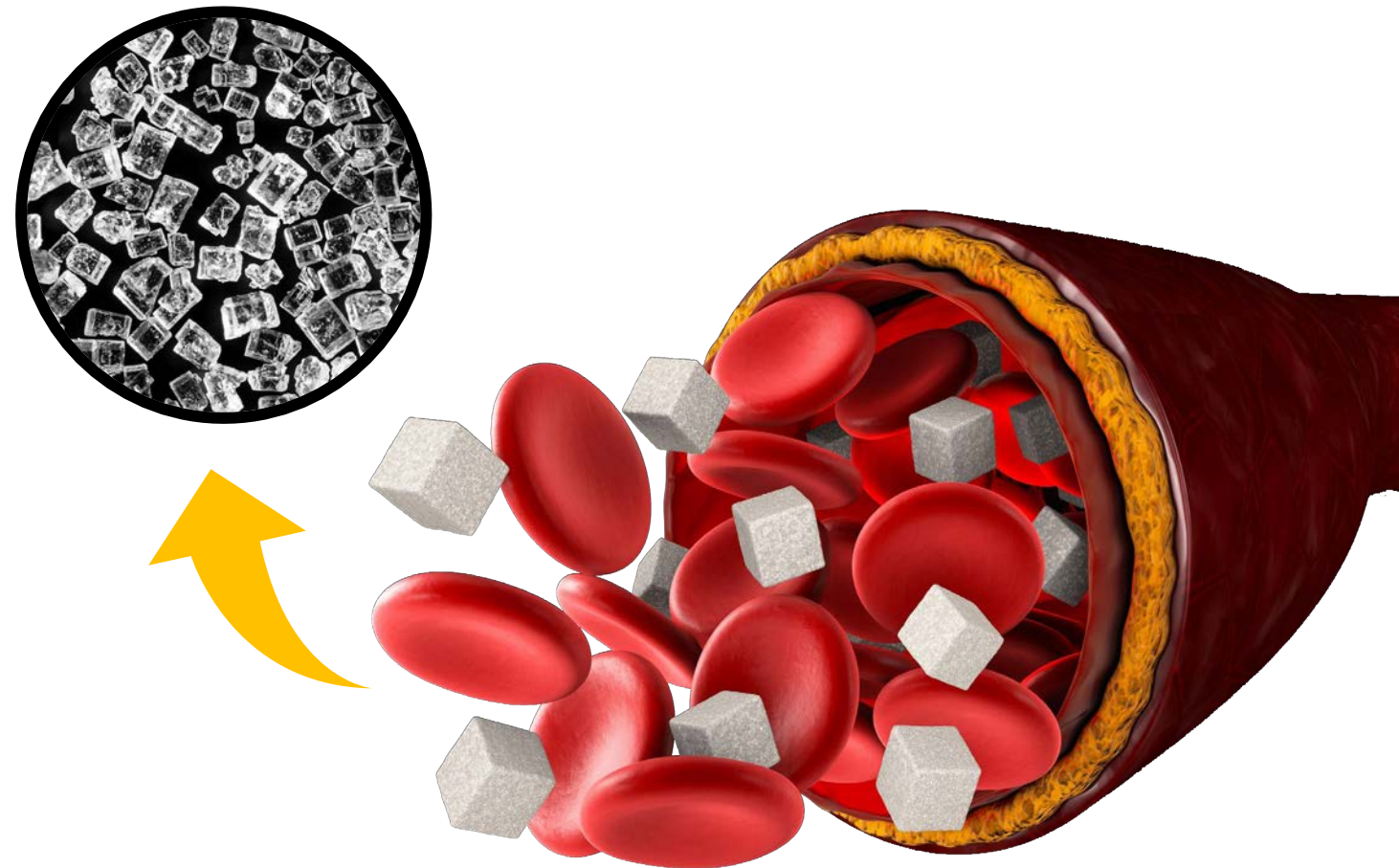
Standard Lab Values

Lipid	Optimal Range
LDL (Bad Cholesterol)	< 100 mg/dL
HDL (Good Cholesterol)	≥ 60 mg/dL (protective) < 40 mg/dL (risk)
Triglycerides	< 150 mg/dL

How does what you eat impact your heart health?

High Sugar and Inflammation

Too much sugar in the blood can irritate blood vessels, triggering chronic inflammation that raises the risk for heart disease



How Sodium Affects Your Heart

- Salt raises blood pressure
- Higher blood pressure makes the heart pump harder
- Over time this damages blood vessels and increases heart disease risk



Recommended Sodium Intake

- Limit to less than 2,300 mg/day (about 1 teaspoon of salt)
- Better for most adults: Aim for 1,500 mg/day for heart health
- Lower is especially important for people with high blood pressure

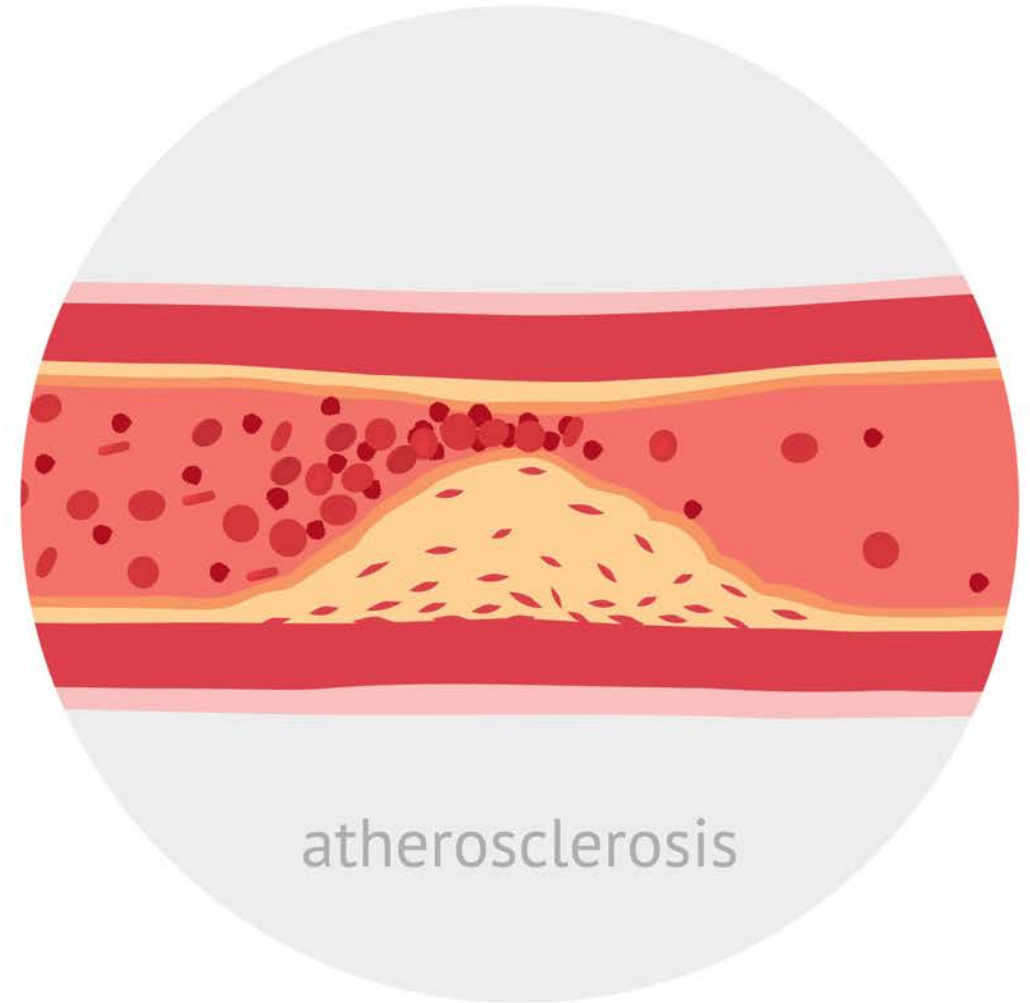
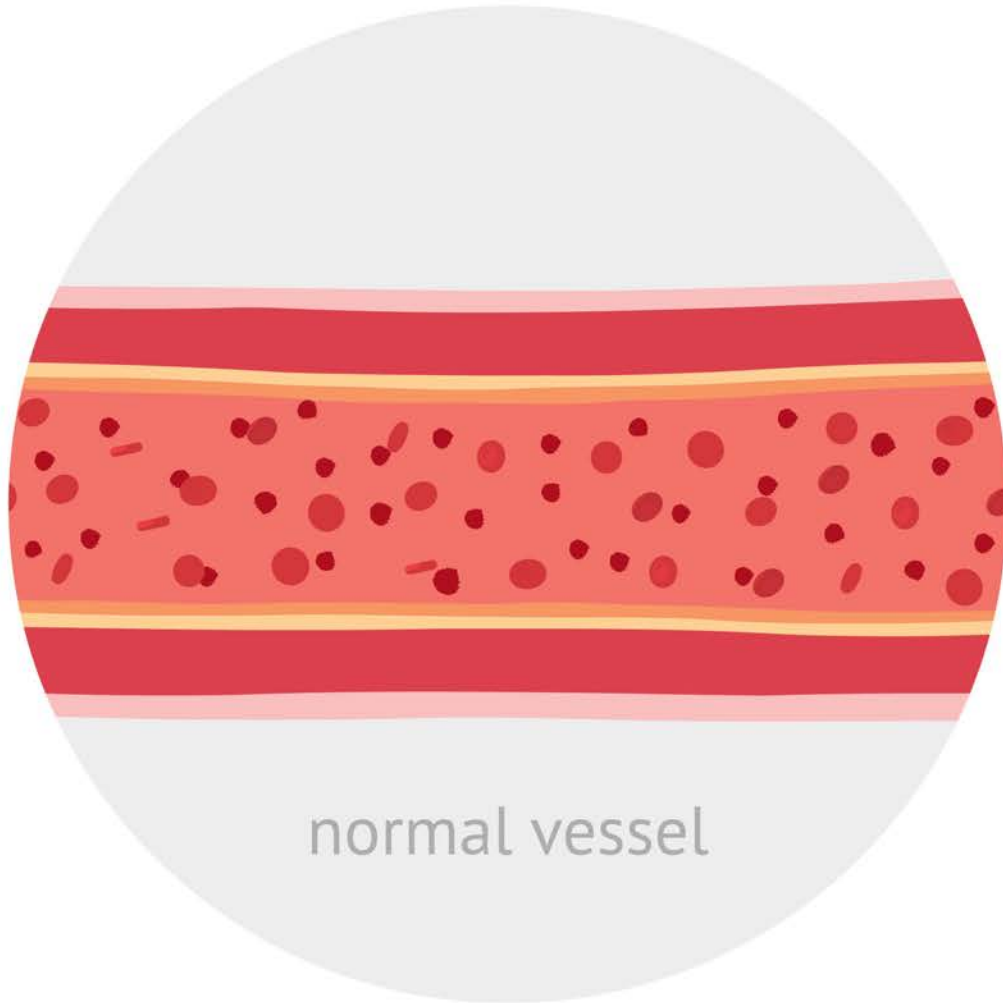


Reduce Saturated Fats/Trans Fats

- These fats can build up in blood vessels
- Over time, the build-up forms plaque
- Plaque makes arteries narrow and stiff, blocking blood flow
- Blocked arteries raise the risk of heart attack and stroke



Atherosclerosis



Healthy Heart = Healthy Brain

- What's good for your heart is good for your brain
- The same things that clog heart arteries can clog brain arteries

Did you know?

- The brain uses 20% of your body's oxygen
- Heart problems can raise your risk of stroke



Heart-Healthy Lifestyle Choices

Healthy Eating

- Emphasize fruits, vegetables, whole grains, legumes
- Limit saturated fats and avoid trans fats
- Include omega-3 sources (e.g., salmon, flax, walnuts)

Regular Exercise

- Aim for 150 minutes per week of moderate activity
- Raises HDL ("good" cholesterol)
- Lowers LDL and triglycerides

Avoid Smoking & Limit Alcohol

- Smoking lowers HDL and damages arteries
- Excess alcohol raises triglycerides

Maintain a Healthy Weight

- Even modest weight loss can improve cholesterol and triglycerides

What is considered normal resting heart rate?

What is a Healthy Resting Heart Rate?

- **Most adults:** 60–100 beats per minute (BPM)
- **Athletes or very fit people:** as low as 40–60 BPM
- In general, a lower resting heart rate means the heart is stronger and more efficient

How to Find Your Pulse

- Use 2 fingers (index + middle), not your thumb
- Pick a spot:
 - Wrist: thumb side
 - Neck: beside your windpipe
- Press gently until you feel the beat
- Count beats for 10 seconds, then multiply by 6 = your beats per minute (BPM)



Cardiovascular Exercise

What Happens During Cardio

- Heart rate goes up
- Breathing gets faster, lungs work harder
- Blood moves more quickly through the body

Why It Matters

- Stronger heart and vessels
- Burns calories and lowers blood sugar
- Boosts mood, energy, and sleep

Cardiovascular Exercise

What Are the Types of Cardio

- Walking, hiking, biking, swimming, dancing, running, aerobics, etc

How Much is Enough

- Aim for 150 minutes a week (about 30 minutes most days)
- Can split into shorter sessions (like 3 sessions of 10 minutes)



Rating of Perceived Exertion

1

Very light activity



Anything other than sleeping.

2-3

Light activity



Easy to breathe and carry a conversation.

4-6

Moderate activity



Breathing harder; can hold a conversation.

General guide: Aim for an intensity around 4 to 6.

7-8

Vigorous activity



Breathing heavily; can speak a sentence.

9

Very hard activity



Can barely breathe or speak a single word.

10

Maximum effort activity



Completely out of breath; unable to talk.

Interval Training

Increases

- Stamina
- Heart health
- The ability to burn body fat

If you have not been active, consult your healthcare provider before beginning an exercise program.



Boost Your Cardio

Increase your speed or intensity, then recover

1

Step 1: Pick Up the Intensity

- Short bursts (10–30 seconds)
- Increase intensity, move strong



2

Step 2: Recover

- Slow down
- Catch your breath



Start Small

- Do 1 short burst once a week

Build Up

- Work toward 2 sessions a week
- Repeat bursts 5–7 times

Interval Training Suggestions

- Push and recover
- Repeat an interval cycle 5–7 times
- Choose whichever type of interval training that works for you
 - High intensity can last from 20 seconds to 1 minute
 - Low intensity can last from 10 seconds up to 3 minutes
- *There is no right or wrong way to interval train*

Sample Interval Training

Warm Up (5 Minutes)		
1	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
2	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
3	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
4	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
5	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
Stretch/Cool Down (5 Minutes)		

Do an exercise snack

A 15-30 second activity, 3 times a day, that requires vigorous effort!

Examples include:

- Stair climbing
- Chair squats
- Jumping (or walking) jacks
- Pushups
- Get creative!



Fitness Plan

Week of: 6/27	MON	TUE	WED	THU	FRI	SAT	SUN
Cardio	Walk for 15 minutes at lunchtime and after dinner		Walk for 15 minutes at lunchtime and after dinner		Walk for 15 minutes at lunchtime and after dinner		
Resistance		Use hand weights for 10 minutes while watching TV		Use hand weights for 10 minutes while watching TV			
Flexibility	Stretch for 5 minutes after walk		Stretch for 5 minutes after walk		Stretch for 5 minutes after walk	 Do the flexibility video on kp.org/healthybalance	
Rest Day							

Create Your Fitness Plan

Week of:	MON	TUE	WED	THU	FRI	SAT	SUN
Cardio							
Resistance							
Flexibility							
Rest Day							

Can you plan some cardio exercise this week?



Every bit of movement counts!

Even small amounts of exercise are
better than none

Lifelong Balance



Your feedback matters—and it's completely anonymous.

Please take a moment to share your thoughts. Honest feedback helps us improve Lifelong Balance for everyone.

Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME

This Week

Choose a weekly goal, or make up your own:



Add in more
cardio exercises



Do an exercise
snack



Eat heart healthy
foods



Other

Action Plan

Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

Weekly Goal

What first step would you like to take this week?

Action Plan

Make it SMART



Specific



Measurable



Action-
Oriented



Realistic



Timely

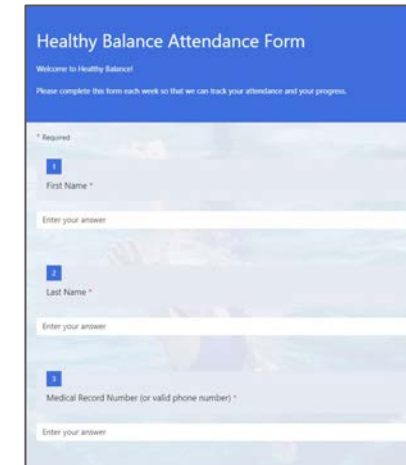
I will focus on adding in 2 sessions of interval training into my cardio workouts this week.

Lifelong Balance

» **HEALTHY LONGEVITY**

Discussion/Reflection Question:

What principles help you live your best life?



The image shows a digital form titled "Healthy Balance Attendance Form". It includes a welcome message and instructions to complete the form weekly. The form has three required fields: "First Name", "Last Name", and "Medical Record Number (or valid phone number)". Each field has a corresponding input box and a "Required" label.

Have you filled out the attendance form?