

# February is heart

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## Put your heart into it!

There are numerous benefits to cardiorespiratory fitness (the capacity of the heart-lung system to deliver oxygen for sustained energy production) says local personal trainer Margaret Lutzi.

These benefits include reduction in blood pressure, increased HDL (=good) cholesterol, decreased total cholesterol, decreased body fat stores, increased endurance work capacity, decreased clinical symptoms of anxiety, tension and depression, increased heart function and possible reduction in mortality in post myocardial infarction (heart attack) patients.

Certified Personal Trainer and Medical Exercise Specialist, Lutzi says aerobic/en-

durance activities have proven effective in clinical therapies like cardiac and pulmonary (lungs) rehabilitation, sleep disorder treatment, diabetic treatment therapy, prenatal/post-partum therapy and renal (kidney) dialysis conditioning and stress and anxiety reduction programs. In clinical settings such as these, aerobic/endurance exercise must be prescribed and monitored meticulously by trained exercise specialists.

Cardiorespiratory fitness (used interchangeably with cardiovascular and cardiopulmonary fitness) also provides the basis for fitness activities and conditioning for sports performance such as golf, tennis, skiing, basketball, soccer;

all muscular strength training programs benefit from cardiorespiratory fitness.

People with sufficient car-

diorespiratory fitness by and large have increased stamina, which means less fatigue and reduced risk of some injuries.

### Signs of possible Heart Attack

According to [www.heartcareupdates.com](http://www.heartcareupdates.com), heart attacks and strokes are life-and-death emergencies – every second counts. If you see or have any of these symptoms, immediately call 9-1-1. Not all these signs occur in every attack. Sometimes they go away and return. If they occur, get help fast! Treatment is more effective when given quickly.

Some heart attacks are sudden and intense – the “movie heart attack,” where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often the people affected aren’t sure what’s wrong and wait too long before getting help. Here are some of the signs that can mean a heart attack is happening.

\* Chest discomfort. Most heart attacks involve discomfort in the centre of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

\* Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

\* Shortness of breath. This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.

\* Other signs: These may include breaking out in a cold sweat, nausea or light-headedness.

If you or someone you’re with has chest discomfort, especially with one or more of the other signs, don’t wait longer than a few minutes (no more than five) before calling for help. Call 9-1-1 and to a hospital right away.

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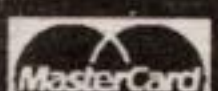
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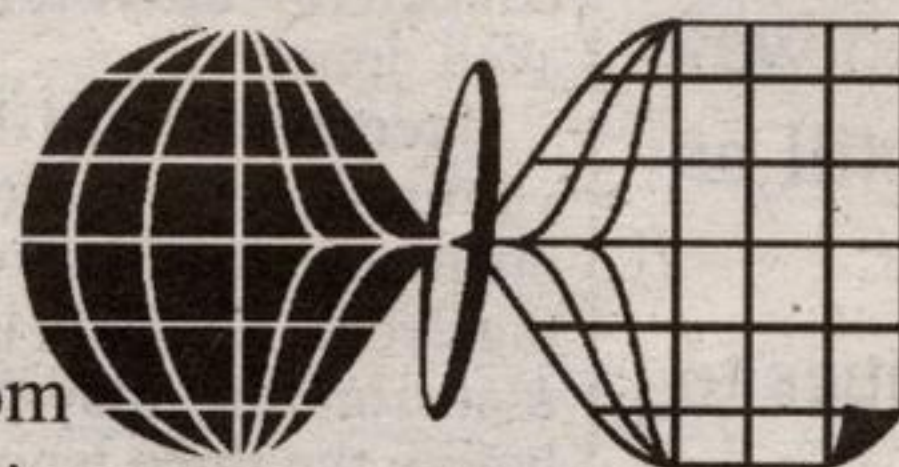
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