

HAPPY HEART PROGRAM

WHAT IS THE HAPPY HEART PROGRAM?

Happy Heart is a 6-week exercise program facilitated by Club Active Accredited Exercise Physiologists and Dietitians, designed to improve your heart health.

The program includes:

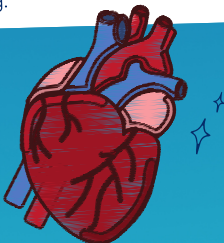
- 2 one-on-one Exercise Physiology assessments,
- 2 one-on-one Dietitian consultations,
- 12 group Exercise Physiology prescription classes focusing on achieving improved cardiovascular health.

THE FACTS

The potential to improve overall health with regular exercise is impressive and undeniable. Yet, the Australian Institute of Health & Welfare states **only 17% percent** of Australian adults meet the recommended Physical Activity Guidelines! It's time to change that.

HOW OFTEN SHOULD YOU EXERCISE?

For adults, to meet the recommended guidelines for maintaining health, you should aim to be active on most days, with at least 150 minutes of moderate to vigorous exercise per week, along with 2 weekly sessions of strength training.



EVERY 19 MINUTES, 1 AUSTRALIAN DIES FROM CARDIOVASCULAR DISEASE

WHAT IS CARDIOVASCULAR DISEASE?

The term cardiovascular disease refers to damage to your heart or blood vessels, by a build-up of fatty plaque in your arteries. Plaque build-up thickens and stiffens artery walls, which can inhibit blood flow through your arteries to your organs and tissues. It has many causes including smoking, diabetes, high blood pressure, lack of physical activity, and obesity.



HOW TO BOOK IN!

For bookings, contact your local Club Active facility. Visit our website for contact information. Alternatively, please enquire via email: **info@clubactive.com.au**

Healthcare rebates are available for eligible clients to reduce program costs.

FIFTY
50 by 50

JOIN US!



HAPPY HEART

6 POSITIVE IMPACTS OF EXERCISE!

01



LOWER BLOOD PRESSURE:

A healthy heart pushes out more blood with each beat, enabling it to function more efficiently. This decreases stress on the heart and surrounding arteries.

IMPROVE BLOOD FLOW:

Regular cardio-based exercise enables the heart to achieve improved blood flow in the small vessels around it, where blockages of fatty deposits can build over time, preventing heart attacks.

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IMPROVE WORKOUT EFFICIENCY:

As you begin a new cardio workout routine, it may take a while for your body to adjust to a faster pace. But the more routine exercise becomes, the quicker your body adapts.

LOWER CHOLESTEROL:

Many studies show that exercise is linked to healthy improvements in cholesterol, such as increasing the amount of healthy HDL cholesterol and lowering bad LDL cholesterol by as much as 10%.

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DECREASE RISK OF HEART DISEASE, STROKE, AND DIABETES:

Studies show regular exercise helps reduce the risk of heart disease by as much as 21% for men and 29% for women. Plus, active people have a 20% decrease in risk of stroke. Regular exercise also helps keep blood sugar levels in a healthy range, decreasing the risk for type 2 diabetes.

PROMOTE OTHER HEART-HEALTHY HABITS:

According to the Australian Heart Association, regular exercise can help you maintain a healthy weight, make better nutrition choices, decrease stress and improve your mood.

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