Increase Your Heart Muscle

Set Goals

- The heart is a muscle that beats an average of 101,000 times a day and pumps 2,000 gallons of blood throughout the body everyday.

- Try increasing your heart's strength through exercise as well as healthy eating.

- Find an area you can most improve upon based on your individual needs.

Get Moving

Try one of these training methods!

1. **Interval Training**

- Improves your aerobic capacity and allows the heart to work more efficiently.

2. **Target Heart Rate Training**

- Aim to work at 70-85% of your maximum heart rate (220 – age).

3. **Resistance Training**

- Promotes lean muscle growth and supports blood flow to multiple muscle groups.

Eat a Heart Healthy Diet

- Limit your sodium intake (aim for under 2,300 mg)
- Choose whole grains
- Eat a variety of fruits, vegetables, lean meat, nuts and legumes
- Limit saturated fat and trans fat

Eliminate Unhealthy Habits

- **Quit Smoking**
  - Smoking increases your risk of cardiovascular disease, damages the lining of your arteries, and reduces the amount of oxygen in your blood causing the heart to work harder.

- **Avoid excessive alcohol consumption**
  - Excessive alcohol can lead to high blood pressure. It can also raise triglyceride levels in blood which can lead to fatty build up in arteries.

- **Avoid lack of sleep**
  - Lack of sleep can lead to increased blood pressure, which is a risk factor for cardiovascular disease.
  - Aim for 7 to 9 hours of rest each night.

References

- http://www.heart.org/HEARTORG/HealthyLiving/
- https://www.hopkinsmedicine.org/health/healthy_heart/move_more/three-kinds-of-exercise-that-boost-heart-health
- https://arheart.com/heart-health/amazing-heart-facts/
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