

[IMAGE]

Swimming For a Healthy Heart

Today, heart disease is known as the No. 1 killer for women. Besides diet, fitness is critical in maintaining good heart health. In addition to adding more fruits and vegetables to your diet, it is important to incorporate exercises to help build endurance and cardiovascular health. One of those exercises that has been proven to be effective is swimming.

A new study found swimming as little as 10 minutes a day can prevent serious heart problems in women. According to a recent study published in the National Institute of Health, as little as 10 minutes of high-intensity swimming (swimming as fast as you can) three-times a week lowers blood pressure, reduces resting heart rate and reduces fat for women with mild high blood pressure.

swimming - Copyright â Stock Photo / Register Mark After a 15-week trial, researchers found "high-intensity intermittent swimming is an effective training strategy to improve cardiovascular health and physical performance in sedentary women with mild hypertension."

Great results for only 30 minutes a week. Try it.

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