

[IMAGE]

## Stay Active After a Heart Attack

By Editorial Staff

Exercise promotes heart health and can help prevent a heart attack. New research suggests physical activity can also help you live longer after you've suffered one. In fact, compared to heart-attack patients who were inactive during the first 10-12 months following their heart attack, patients who were active during that entire time period (post-attack) were 71 percent less likely to die over the next four years.

The study, published in the *Journal of the American Heart Association*, found that even heart-attack sufferers who were inactive at first, but then increased activity levels during the 10-12-month window, were still 59 percent less likely to die compared to patients who remained sedentary. And even patients who reduced activity levels following their heart attack, but still did *some* activity, were 44 percent less likely to die compared to inactive patients.

More than 22,000 heart-attack survivors were included in the study, and patients were surveyed 6-10 weeks and 10-12 months post-attack. The moral to the story? Exercise matters! Talk to your doctor to learn more about how exercise and other lifestyle factors can influence heart-attack risk and overall health; and [click here](#) for great tips from the American Heart Association.

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