

## Sedentary behavior?

**Think again...**

Because it is associated with:



- High blood pressure
- Obesity and increased “bad” cholesterol
- Insulin resistance with a higher risk of diabetes
- An impaired respiratory function
- Muscle wasting
- Decreased quality of life
- Depression, anxiety and sleep disorders

## Sports?

**Of course!**

Because it is associated with:

- Reduced blood pressure
- Improved lipid metabolism (lower body fat and decreased cholesterol)
- Higher sensitivity to insulin, thus a reduced risk of diabetes
- A better respiratory function
- Higher lean body mass and increased stamina
- Improved mental health and wellbeing



Aim for at least **2 hours and 30 minutes** of light to moderate physical activity each week (brisk walking, swimming, cycling, dancing)



Avoid strenuous exercise, such as lifting heavy weights, sprinting, or climbing, especially if you have severe heart failure or your symptoms worsen.



Always ask your physician for a personalized training regimen



Don't forget to optimize your diet as well! (less salt, less sweets, less fat, less alcohol)



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**#HeartFailure**  
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