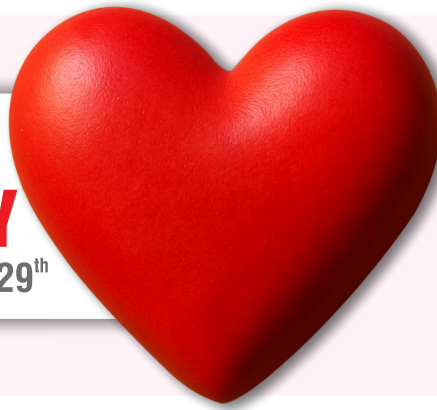


**WORLD
HEART DAY**
SEPTEMBER 29th



Keep moving!!

Why Sitting and inactivity is the new smoking?

Your Heart, Your Life: Just a Few Minutes Can Make the Difference

Heart disease is still the world's biggest killer, and India is no exception. What's worrying is that it's no longer just about the elderly today, even people in their 30s and 40s are facing heart attacks and strokes. The shocking part? Most of these problems can actually be prevented with simple lifestyle changes.

That's what World Heart Day is all about reminding us that a healthy heart isn't only about adding years to your life, but also about adding life to your years. Imagine living with more energy, more strength, and more freedom to enjoy the things you love.

And yet, we all say the same thing: "I don't have time." But here's the secret your heart doesn't need hours. Just a few minutes a day whether it's walking, climbing stairs, dancing to your favorite song, or stretching between meetings can work wonders. Tiny efforts, done consistently, can transform your heart health and keep you going strong for decades.

So this World Heart Day, let's promise our hearts one thing: no excuses, just a few minutes of movement every day. After all, a stronger heart means a stronger you.



Did you know?

Just a few minute/s of vigorous exercise can produce almost 80% of the benefit of exercise according to some studies.

EVEN A FEW MINUTE/S A DAY CAN IMPROVE YOUR HEALTH SIGNIFICANTLY

We often think exercise means hours in the gym or long runs that eat up our time. But what if the secret to a healthier, longer life was hidden in just a few minutes?

1 Minute: The Tiny Spark

Studies show that even a single minute of high-intensity activity like brisk stair climbing, a short sprint, or fast cycling can significantly improve heart and lung health. Research published in the European Heart Journal highlights that these tiny bursts of vigorous exercise, when done daily, are linked to a lower risk of heart disease, cancer, and premature death. It's proof that small, consistent efforts can deliver big health benefits.

2 Minutes: Double the Power

Got two minutes? That's all it takes to start lowering your risk of heart disease, cancer, and even early death. A study published in the European Heart Journal (Oct 27, 2022) found that just two minutes of vigorous exercise, sprinkled throughout your day, is linked to longer, healthier living. Two minutes is less time than it takes to scroll through your social feed!

3 Minutes: A Game-Changer

Just 3-4 minutes of vigorous exercise a day can nearly halve the risk of heart attacks and strokes in women, according to research published in the European Heart Journal. Even short bursts like brisk stair climbing or fast walking can deliver big heart benefits.

This Heart Day, make a promise to yourself and to your heart:

Commit to moving more, sitting less, and embracing activity as a celebration of life. Whether it's one minute or one hour, every step is a gift to your heart.

BMJ Group
<https://bmjgroup.com> › small-amounts-of-incidental-vig...
Small amounts of incidental vigorous physical exertion may almost halve major cardiovascular events risk in women
 4 Dec 2024 — For example, women who clocked up a daily average of only **3.4 minutes** of VILPA, but no formal exercise, were 45% less likely to have any type of ...

NewScientist

Health

Just **1 minute** of vigorous exercise a day could add years to your life







People who do several very short bouts of strenuous activity each day are much less likely to die in the next few years than those who do no exercise at all

Harvard Health Publishing
Short bursts of exercise may offer big health benefits
 1 Feb 2023 — Got **two minutes** to exercise? Then you have enough time to lower your risk of heart disease, cancer, and even early death, according to a study ...
 *Online Public Sources





CALORIES BURNED FOR COMMON EXERCISES






MILD

	Walking, Slow Pace	- 180
	Light Dancing	- 220
	Golfing	- 250
	Yoga	- 280
	Walking, Moderate	- 250
	Walking, Fast	- 320

MODERATE

	Hiking	- 360
	Aerobics, General	- 420
	Bicycling, Light	- 420
	Bicycling, Moderate	- 560
	Tennis	- 470
	Weight Lifting	- 520

SIGNIFICANT

	Basketball	- 600
	Moderate dancing	- 600
	Swimming	- 620
	Jogging, 6 MPH	- 700
	Running, >10 MPH	- 900+

*approximate calories burned per hour for an average adult, it varies with weight, intensity, and metabolism.

For More information & Registration | yashodahospitals.com | ☎040 4567 4567