Cardiovascular Disease



Cardiovascular disease claims the lives of more women than the next five causes of death combined, including all types of cancer combined. The most common cardiovascular diseases are heart disease and stroke, and the good news is that 80 percent of all cardiovascular disease is preventable. The first step to prevention is educating yourself about these serious health threats and taking the necessary steps to reduce your risk.

WHO IS AT RISK?

You are at risk for developing or having cardiovascular disease if you have high cholesterol or high blood pressure, if you smoke, are overweight or physically inactive, or have diabetes personally or in your immediate family. Chronic feelings of stress, excessive use of alcohol or illegal drugs, and the use of birth control pills can also increase your risk for cardiovascular disease. Regular visits to your doctor in order to monitor your risk are an important factor in preventing and managing this disease.

Know your numbers:

FACTOR	GOAL
Total Cholesterol	< 200 mg/dL
LDL (“Bad”) Cholesterol	< 100 mg/dL
HDL (“Good”) Cholesterol	> 50 mg/dL
Triglycerides	< 150 mg/dL
Blood Pressure	< 120/80 mmHg
Fasting Glucose	< 100 mg/dL
Body Mass Index (BMI)	< 25 Kg/m2
Waist Circumference	< 35 inches
Exercise	Minimum of 30 minutes most days, if not all days of the week

SYMPTOMS OF HEART ATTACK AND STROKE

While symptoms of intense chest pain and pain extending into your arm and/or neck are well-known symptoms of heart attack in men, women often experience more subtle warning signs. These include shortness of breath, back pain, jaw pain/aching, nausea, fatigue, indigestion and vomiting.

Warning signs for stroke include sudden numbness or weakness of the face, arm or leg (especially on one side of the body), sudden confusion or trouble speaking, sudden trouble seeing, sudden trouble walking or dizziness, and sudden/severe headache with no known cause.

If you suspect that you may be having a heart attack or stroke, call 9-1-1 immediately.

“Curves International, Inc. is a corporate member of the International Health, Racquet & Sportsclub Association, a not-for-profit trade association representing over 7,000 health and fitness facilities in 74 countries.”

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FOR MORE INFORMATION, CALL 1-800-CURVES30 OR VISIT WWW.CURVES.COM

Cardiovascular Disease



PREVENTING AND MANAGING YOUR CARDIOVASCULAR DISEASE

The decline in death rates from cardiovascular disease in America is due largely to people adopting a healthier lifestyle and controlling their risk factors.

Research has found that a 12- to 13-point reduction in blood pressure can reduce deaths from cardiovascular disease by 25 percent. A 10 percent decrease in total blood cholesterol levels may reduce the incidence of coronary heart disease by as much as 30 percent. Both blood pressure and cholesterol can be lowered by following a regular physical activity program, like the Curves workout, and establishing healthier eating habits.

CARDIOVASCULAR DISEASE AND EXERCISE

Exercise is the best way to keep your risk factors in check and decrease your likelihood for developing cardiovascular disease.

The American Heart Association (AHA) recommends increasing your physical activity to at least 30 minutes a day on most days of the week. This might include your three weekly Curves workouts accompanied by a vigorous 30-minute walk twice a week. The AHA also recommends:

- Engaging in moderate-intensity activities, which is any exercise that increases body temperature and elevates the rate of breathing (your three weekly Curves workouts also meet this recommendation)
- Resistance training with eight to 10 different exercises on two or more days per week (or, complete your Curves workouts for this added benefit)
- Include flexibility training and an increase in daily lifestyle activities to round out the regimen (this is part of the complete Curves workout)

Of course, before you start any exercise program, talk to your doctor.

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