

**Omicron Omicron Omega Chapter
May 2022 Monthly Exercise Topic**

Best Exercises To Strengthen Your Heart Muscles:

1. Brisk Walking

Our body was born to walk. Whether you rack up the miles on a treadmill or you hit the road, brisk walking is a natural way to improve your fitness. You need to wear supportive and comfortable walking shoes and get moving. Brisk walking certainly is among the top choice of exercise for strengthening the heart muscle

2. Running

Running is another heart-healthy physical exercise that the human body can do. Moreover, it is one of the best ways to burn calories which is a bonus if you are trying to lose weight so as to reduce the risk of heart disease. If you are a beginner to the running activity, then start with a brisk walk and add 2 minutes of running for every 5 minutes of walking. As you get more fit, you can gradually increase the minutes you run until you do not need to walk in between.

3. Cycling

You can also perform another cardiovascular activity that is easy on your joints. Cycling is a low-impact exercise that can be done in the gym, in a spin class or on the roads. While cycling, your heart is pumping and thereby strengthening its muscle. Cycling will also help build strength and tone your lower body as well as your core muscles.

4. Swimming

Swimming is one more exercise you can perform to strengthen your heart muscles. Swimming laps or even participating in water fitness classes will help you raise your

heart rate and also improve your heart health. The water offers multi-directional resistance that will enhance your muscular strength and tone. Swimming could be a safe alternative if you have joint problems that can be aggravated by cycling, walking or running.

5. Weight Training

Weight training is one form of interval training. You increase your heart rate while performing reps, and recover between the sets. By handling the demands placed upon them efficiently; strong muscles eases the overall burden on the heart. You need to use free weights, which recruit more muscles, build balance and engage your core.

6. Interval Training

Interval training can also be performed to strengthen heart muscles. It helps in preventing heart diseases , diabetes, losing weight and also improving fitness. You need to combine short bursts of high intensity exercise with slightly longer periods of active recovery. Take for example, if you are in to walking, you might alternate 3 minutes at normal speed with 1 minute of brisk walk. By continuously raising and lowering your heart rate you improve the vascular functions, burn more calories and make the body more efficient at clearing fat and sugar from the blood.

7. Yoga

Doing yoga, helps you remain calm which helps in lowering blood pressure, making blood vessels more elastic and thus enhancing heart health. Moreover, it also strengthens your core.

8. **Being Physically Active All Day**

It is also noted that by simply being physically active all throughout the day, or by being involved in cleaning, gardening etc; you burn more calories and become generally healthier. This is also useful in strengthening heart muscles.