

# 5 EVIDENCE-BASED EXERCISE STRATEGIES FOR HEART HEALTH

## 1 AEROBIC TRAINING

Moderate cardio 30+ minutes most days

## 2 ISOMETRIC TRAINING

Wall sits or hand-grip holds

## 3 RESISTANCE TRAINING

Build muscle to support metabolism

## 4 VO<sub>2</sub> MAX INTERVALS

High-intensity intervals once or twice weekly

## 5 INSPIRATORY MUSCLE TRAINING

Breathing resistance exercises