

I want to be more physically active



I can

- Engage in 30 minutes / per day of physical activity of moderate intensity (such as quick-paced walking).
- Use stairs to walk up or down one or two floors.
- Getting off a bus/tram one stop before my destination.
- Park my car at a distance and finish my trip on foot.
- Stand up while on a telephone conversation or walk around my apartment while talking.
- Practice indoor biking while listening to my favourite show.
- Engage in daily domestic activities such as cleaning or tidying up.
- Benefit from the support of the Swiss Cardiology Foundation in order to have a more active lifestyle.





SEDENTARY LIFESTYLE

Did you know that regular physical activity reduces your risk of having a subsequent coronary event?

What's more, a well trained heart works more efficiently.

Advice for risk free physical activity:

- Take precautions: talk to your physician about what is best for you before starting.
- Maintain this activity on a regular basis: 30 min per day.
- Choose an activity that uses several muscle groups and that promotes endurance: aerobic programs (walking, biking, aquatic gymnastics etc.).

Regular physical activity also improves other cardiovascular risk factors and globally improves your health, physical condition and spirit. It's an excellent way for maintaining your level of energy and resistance for your daily activities.

Useful addresses

www.elips.ch

Swiss Cardiology Foundation

www.swissheart.ch

Tel. 031 388 80 80

I want to... I can... I am going to

