

Editorial**Benefits of Exercises for Heart Diseases****Mohsin Masud Jan**

Editor

Heart attack symptoms can be a scary first sign of trouble (and keep in mind women have different symptoms than men).

Swelling on feet can occur for so many reasons, such as pregnancy, varicose veins, or when travel and have limited ability to move around. It can also be a sign of heart failure, a chronic condition in which the heart pumps blood inefficiently. Swelling can also occur when the heart valve doesn't close normally. Some medications for blood pressure and diabetes could also cause swelling. Heart-related foot swelling is usually accompanied by other symptoms that include shortness of breath and/or fatigue. If recently developed foot swelling, see doctor to determine the cause and how best to treat it.

If one's hip and leg muscles cramp when he climb, walk, or move, then feel better when he rest, don't shrug it off as due to old age or a lack of exercise. It could be a sign of peripheral arterial disease. This disease can buildup of fatty plaque in leg arteries that is linked to a higher risk of heart disease. If one have this disease, there's a 50 per cent chance he has a blockage in one of the heart arteries.

A person get winded walking up a flight of stairs or coughing a lot. It could be asthma, anemia, an infection, or rarely a problem with the heart's valves or its ability to pump blood. Fluid buildup affecting the left side of the heart can produce wheezing that simulates bronchial asthma. Once the valve is fixed, fluid no longer builds up in the lungs and the patient breathes easier. Since exercise can strengthen the heart, get this symptom checked out so it doesn't interfere with his ability to get a good workout.

Sometimes a headache is just a headache. But in some cases, regular migraines suggest that something is amiss with ticker. Migraines occur in 12 per cent of the general population, but that stat rises to around 40 per cent in patients with cardiovascular disease. And while there isn't a clear-cut connection, the occurrence of migraines with auras has been related to some heart abnormalities, so it is possible that these attacks might have a connection to dysfunction of the heart. One theory is that they could both be the result of autonomic nervous system imbalances.

Some patients with a loud faulty valve can even hear the sound of their valve at night when they are trying to fall asleep. A pounding heartbeat can also be a sign of low blood pressure, low blood sugar, anemia, medication, dehydration, and other causes.

Physically active is a major step toward good heart health. Keeping the weight under control and warding off the artery damage from high cholesterol, high blood

sugar and high blood pressure that can lead to heart attack or stroke. It's also true that different types of exercise are needed to provide complete fitness.

Any movement is better than sitting still when it comes to improving the heart health, but one of the best types of exercises to increase the cardiovascular fitness is circuit training. It sort of stretches the arteries and improves the elasticity for better cardiovascular fitness. Opting for minimal rest periods, and alternating between upper and lower body exercises is the ideal way to get maximum results.

Leisure swimming only brings benefits for the extremely unfit population. Lane swimming will give a greater return on the exercise time investment. This could mean doing front crawl and legs only with a flutter board one day and then back crawl and breast stroke another day. One swim technique guaranteed to bring up the fitness level is fist freestyle, which is using closed fists for any swim style.

Weight training (sometimes called resistance training) is another great way to improve the heart health. Weight or strength training is critical for people with heart diseases.

A steady run is obviously an excellent way to stay in shape, but running intervals will really push the cardiovascular fitness to the next level. Whether it's sprints or hills, all need is 10 seconds at a time. We recommend keeping the intensity at 10 seconds to ensure go all out and starting with four 10-second intervals per workout, eventually working the way up to 10. We also recommend doing the intervals first, so not only have the energy to do them, but this type of training will deplete some of the glycogen or carbohydrate stored in the muscle.

Pushing the heart rate up and down quickly can be hazardous to those who are out of shape (heart attacks that occur while shovelling snow is an example of this). At first glance, yoga may not seem like an obvious heart health activity, but it is. Yoga is great for strength and muscle toning. More active styles of yoga such as Ashtanga and Bikram can offer cardiovascular benefits, as heart rate is elevated throughout the class.

Regular cycling can substantially reduce the risk for coronary heart disease, according to a large study done by the British Medical Association. The findings revealed that cycling 32 kilometres a week reduced the potential to develop heart disease by a whopping 50 percent. Cycling uses large muscle groups in the legs to elevate the heart rate, which helps improve not only the cardiovascular fitness but also burns calories, and has even been shown to improve mental health.