

# ***Healthy Lifestyle: Physical Activity***



*Last revised: October 2009*

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The purpose of this guide is to help people with a risk for cardiovascular disease find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Wellness Resource Center, room 2101 in the Cardiovascular Center.

## **Brochures, Fact sheets**

- American Heart Association.
  - *Exercise And Your Heart: Our guide to physical activity*
  - *Just Move: Our guide to physical activity*
  
- National Heart, Lung and Blood Institute (NHLBI).
  - *Your Guide to Physical Activity and Your Heart*
  - *Energize Yourself! Stay Physically Active*

To order a free copy of these publications or access a printer-friendly version go to: <http://www.nhlbi.nih.gov>
  
- Weight Control Information Network.
  - *Active in Any Size.*
  - *Tips to Help You Get Active*
  - *Walking, a Step in the Right Direction*
  - Access online at:  
<http://win.niddk.nih.gov/publications/index.htm#public>

## **Books**

- American Heart Association. *American Heart Association Fitting in Fitness : Hundreds of Simple Ways to Put More Physical Activity into Your Life.* New York: Clarkson Potter Pub, 1997.
- Schlosberg, Suzanne Neporent, Liz. *Fitness for Dummies.* 3rd ed. Indianapolis, IN: Wiley Pub., Inc, 2005.

## **Book Chapters**

- Cooke, John P. Zimmer, Judith. *The Cardiovascular Cure.* New York; Northam: Broadway; Roundhouse, 2004.

- Lipsky, Martin S. *American Medical Association guide to preventing and treating heart disease essential information you and your family need to know about having a healthy heart*. Hoboken, N.J. : J. Wiley, 2008
- Salgo, Peter Layden, Joseph. *The Heart of the Matter : The Three Key Breakthroughs to Preventing Heart Attacks*. 1st ed. New York, N.Y: Morrow, 2004.

## Audiovisual Materials

- American Heart Association. *The Healthy Heart Walking CD: Walking Workouts for a Lifetime of Fitness*
- *Exercising for a Healthy Life* – an Interactive tutorial on MedlinePlus.gov  
Access at: <http://www.medlineplus.gov>  
Click on the link to Interactive Tutorials and select from the list under the heading: "Prevention and Wellness"  
A slide show with voice over and graphics reviews the benefits of physical activity for improving cardiovascular health, types of beneficial activities and tips for starting.

## Web Resources

- **American Heart Association – section on Exercise & Fitness**  
Access at: <http://www.heart.org>  
On the left sidebar click on: "Healthy Lifestyle" and select: "Exercise & Fitness"  
This section links to information about the benefits of physical activity for people concerned about cardiovascular health, and suggestions for starting and maintaining an exercise plan.
- **Physical Activity for Everyone**  
Access at: <http://www.cdc.gov/nccdphp/dnpa/physical/everyone/index.htm>  
This information from the Center of Disease Control can help anyone add physical activity to their lives. The site has section for children adults and seniors.
- **University of Michigan Cardiovascular Center – Learn About Cardiovascular Disease**  
Access at: <http://www.med.umich.edu/cvc/health/conditions.html>  
This site links to overviews of heart conditions and disorders, tests, procedures, treatments, prevention and wellness topics.

## University of Michigan Resources

- **The Preventive Cardiology program** at Domino's Farms offers a number of relevant program and services to help people with heart condition improve fitness level including:
  - Exercise Consolutions
  - Preventive Cardiology Fitness Center
  - Classes and workshops

more information access:

<http://www.med.umich.edu/cvc/adult/serpre.htm>

or call: 734.998.7400.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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Document #013/ Revised October 2009  
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