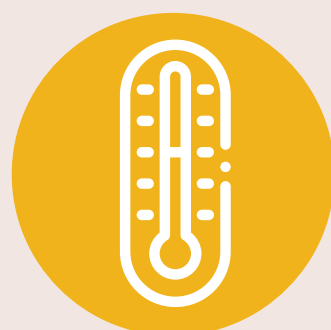




The golden rules of exercising for your heart



Rule n°3
Avoid any physical activity if the temperature is **below 5°C or above 30°C**



Rule n°4
Don't automedicate, always ask your doctor



Rule n°2
Report to the doctor any discomfort occurring during or just after the effort (chest pain, abnormal breathlessness, palpitations, etc.)



Rule n°5
Before and after each sport activity, allow a **10 min warm-up and recovery time**



Rule n°1
Before intense physical activity, don't forget to get a **medical check-up**



Rule n°6
Drink water every 30 min of exercising



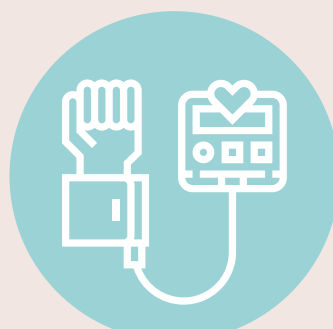
6 major benefits of keeping your body active



Exercising takes many forms and helps you in many ways. Everytime you step towards your next exercise, you step towards better health!



Exercise helps **strengthen muscles**



Exercise **lowers blood pressure**



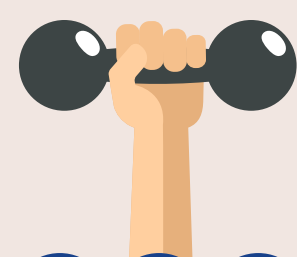
Exercise is key to **weight control**



Exercise **lowers stress**



Exercise can stop or **slow the development of diabetes**



Exercise **improves the quality of life** and helps prognosis

