



Summary

Exercise has a number of effects that benefit the heart and circulation. These benefits include improving cholesterol and fat levels, reducing inflammation in the arteries, helping weight loss programs, and helping to keep blood vessels flexible and open. Studies continue to show that physical activity and avoiding high-fat foods are the two most successful means of reaching and maintaining heart-healthy levels of fitness and weight. The heart rate is the speed or frequency with which an event or circumstance occurs per unit time. A person who exercises often and vigorously has the lowest risk for heart disease, but any amount of exercise is beneficial. Exercise has a number of effects that benefit the heart and circulation (blood flow throughout the body). These benefits include improving cholesterol and fat levels, reducing inflammation in the arteries, helping weight loss programs, and helping to keep blood vessels flexible and open.