



2019 is the year of Cardiovascular Health at MDVIP

BE STRONG-HEARTED

DOWNLOAD THESE HEART-FOCUSED EXERCISE PROGRAMS TODAY

More than almost anything else, exercise can help protect your heart. And that's true at any age. Exercise can really cut your heart-attack and stroke risk — conversely, not exercising can more than double your risk even if you have no history of heart disease, according to research published this year in the *European Heart Journal*¹.

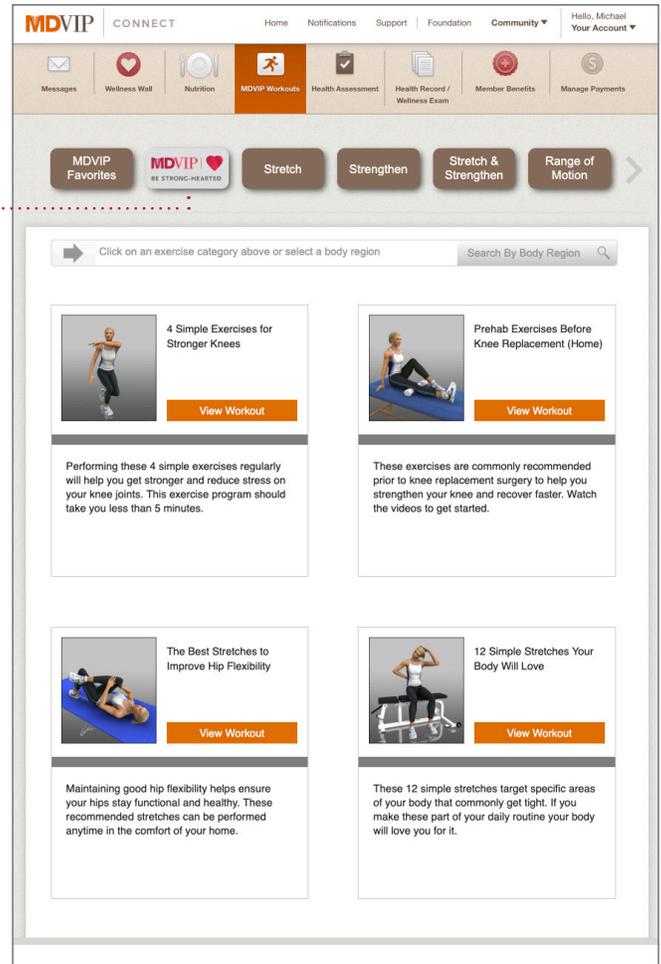
Which exercise program is best for your heart? A combination of cardio, strength and flexibility exercises have the most benefit. We've created a heart-healthy exercise program just for members like you that focuses on all three areas.

Just log in at connect.MDVIP.com and click on the MDVIP Workouts tab. We have programs aimed at improving flexibility, strength, balance, range of motion, core and muscle definition. There are programs just for specific sports like golf, running and tennis. And, of course, there are exercises to help your heart under our Be Strong-Hearted section. (Remember to talk with your MDVIP-affiliated doctor before starting any new exercise program.)

MDVIP Workouts Tab

Once you click on Workouts, you'll see a carousel of buttons followed by several highlighted workout programs. For our Year of Cardiovascular health workout programs:

- ▶ Click on the **Be Strong-Hearted** button.



1. Jon Magne Letnes, Håvard Dalen, Elisabeth K Vesterbekkmo, Ulrik Wisløff, Bjarne M Nes, Peak oxygen uptake and incident coronary heart disease in a healthy population: the HUNT Fitness Study, *European Heart Journal* ehy708

Select Your Fitness Level

► Choose an exercise level that's right for you. Not sure which level you're on? Read the descriptors below each program. If you're not sure what level you're at, discuss the exercises with your MDVIP-affiliated physician.

► Get moving! Print or download your **Be Strong-Hearted** exercise program.

The screenshot shows the MDVIP CONNECT website interface. At the top, there are navigation links for Home, Notifications, Support, Foundation, and Community. Below that, there are icons for Messages, Wellness Wall, Nutrition, MDVIP Workouts, Health Assessment, Health Record / Wellness Exam, Member Benefits, and Manage Payments. The main content area features a search bar and several workout options: MDVIP Favorites, MDVIP BE STRONG-HEARTED, Stretch, Strengthen, Stretch & Strengthen, and Range of Motion. The 'Be Strong-Hearted' program is highlighted, and a red dotted line connects it to the detailed view below.

MDVIP Fundamental Heart Health Close Workout

Click on any exercise in the pre-designed workout below to view the exercise animation.

PRINT **SAVE**

Click on any exercise to view its animation.

- 1. Walking**
Complete Minutes
Perform Time(s) a Day
INSTRUCTIONS: Keep your torso and head upright. Avoid leaning too far forward. Maintain a comfortable but challenging stride. Keep knees aligned with hips and toes. Don't let knees bend inward or outward.
- 2. Sit to Stands**
Repeat Time(s)
Complete Set(s)
Perform Time(s) a Day
INSTRUCTIONS: Start with your feet shoulder width apart and equal distance from the chair, or with the uninvolved leg further away to increase weight bearing on the involved leg. Keep your chest upright and press down through your heels as you stand up. Then slowly squat to the chair, making sure your weight is shifting backward and your knees aren't coming in front of your toes. Perform a complete set of repetitions, then rest.
- 3. Standing Hamstring Curls (Chair)**
Repeat Time(s)
Complete Set(s)
Perform Time(s) a Day
Weight Lbs.
INSTRUCTIONS: Assume a standing position holding on to the back of a chair. Brace your lower torso by contracting your abdominals and back muscles. Flex your knee pulling your heel in the direction of your buttocks, then lower it slowly. Perform a complete set of repetitions, then rest.
- 4. Lateral Stepping**
Repeat Time(s)
Complete Set(s)
Perform Time(s) a Day
INSTRUCTIONS: Assume a standing position on a stable surface with hands on hips. Slightly bend your knees and begin stepping to the side keeping your toes facing straight ahead. Use your core and lower extremity muscles to control your center of mass to maintain your balance. Perform a number of steps then return back in the other direction, then take the appropriate rest.

Be Strong-Hearted!

Learn more about how you can protect your heart — visit mdvip.com/BeStrongHearted to find exercise advice, video explainers and tips from MDVIP-affiliated physicians on how you can reduce your cardiovascular disease risk.