

**Theme PARC**  
**February 2005**

**Theme:** Heart Health and Physical Activity

**Introduction:**

February is Heart Health month. This theme PARC will help you identify some of the many programs and resources available to assist in promotion of physical activity and heart health.

**General Information:**

Lack of physical activity has been shown as a significant risk factor for heart disease. That's why it's important to realize exercise is more than just fun, it's good for your health. Proper exercise also can improve your circulation and the performance of your heart and lungs.

The heart, like any other muscle in the body, gets stronger with regular exercise. The right kind of exercise increases cardiovascular fitness by improving blood circulation. Exercise that promotes cardiovascular fitness improves your body's circulation to help your heart, lungs and other organs work together more efficiently.

**Resources/websites:**

PARC has developed an adaptable workshop on Physical Activity & Chronic Diseases. Included in this workshop is specific information related to physical activity and heart disease prevention.

<http://www.ophea.net/parc/workshops.cfm>

The National Library of Medicine has a basic information slide presentation show that is available online free of charge. Although, the figures are American the general information is definitely applicable as it relates to physical activity.

<http://www.nlm.nih.gov/medlineplus/tutorials/exercisingforahealthyheart/html/index.htm>

The Ontario Heart Health Resource Centre [www.hhrc.net](http://www.hhrc.net) can be accessed for the latest information on heart health. Like PARC, they are also part of the Ontario Health Promotion Resource System (OHPRS).

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The Heart and Stroke Association is also an excellent resource for how exercise plays a key role in heart disease prevention. Go to: <http://ww2.heartandstroke.ca/Page.asp?PageID=38&SubCategoryID=130&Src=linking&Type=Article> for a whole slew of resources and program ideas on how to get more people active.

Everybody's favourite regardless of the intended age group of 2 – 8 this energizing workout is perfect for getting kids in to the lifestyle of working out. Check out Ticker's website for further information. <http://www.workoutwithticker.com/>

The American Heart Association also has excellent resources and articles on physical activity. [www.americanheart.org](http://www.americanheart.org)

The British Heart Foundation has excellent resources and a website full of information on divided into age groups and how physical activity can prevent heart disease. Go to <http://www.bhfactive.org.uk/index.htm> for further information.



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