



American
Heart
Association.

American Heart Association®



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How much exercise should I get per week?

The AHA recommends 150 minutes of moderate intensity exercise per week with 2 days of strength training. The more intense your exercise, the fewer minutes that are recommended. The critical part of exercise is that it should be a regular and routine part of your life.



Annabelle Jimenez

What are some healthy substitutes I can use while cooking?

Cooking with canola oil or olive oil are the best options. Get rid of the salt and use spices.

I don't have time to go to the gym – what are some others ways I can incorporate physical activity into my life?

Walk everywhere and use the stairs as much as you can! Those are 2 easy ways to get some activity in your life. I also suggest turning on music and dancing until your heart rate is up! The goal is to move as much as you can.

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