

Lose weight and help the heart

Losing weight can seem like hard work but by doing so you will help your heart to get healthy. A new study which took place in the U.S. confirms that when you lose weight through exercise or diet it helps the elasticity of the heart. A test took place where 25 middle-aged adults lost a moderate amount of weight and this in turn appeared to restore some of the hearts youthful elasticity.

This let the heart relax in between contractions and refill with blood more efficiently. Experts of the fitness world say that by sticking to one specific exercise is enough to do the trick. This means that you will not have to do a rigorous exercise routine to get your heart back into shape.

Most experts say that the best workout is cardiovascular because this works the heart directly and burns calories. The other way is to watch what you are eating. Good fats, nuts, seeds and fiber from fruits help the heart. It's not so much about eating less, it's about eating wisely and to eat the right foods.

Other good ways to keep your heart healthy is to cut down on salts, exercise regular and keep to a routine, control your blood pressure (this is easy to do just by visiting your local G.P. he will check your blood pressure for you or you can easily buy a blood pressure kit from a number of shops), control your weight, avoid to much alcohol (this is key to a healthy heart, do not drink excessive amounts of alcohol).

About the Author

Ian Bennett operates <http://www.megaweightlossplan.com>, a blog about weight loss. He loves giving away stuff and right now when you sign up you will get a great Newsletter. and its all FREE!

Check it out at: <http://www.megaweightlossplan.com>

Source: <http://www.articletrader.com>