



Exercises for Heart Health: The Complete Guide for Heart Attack, Heart Surgery, and Cardiovascular Disease Patients

William Smith

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Fight the statistics of heart disease with an expert's help.

Heart disease is the #1 health problem for both women and men in the United States. Physical inactivity is a major risk factor for heart disease and is linked to heart failure. Exercise is essential for a healthy heart, especially if you are at risk for or are recovering from heart disease.

The latest book in the Hatherleigh Press "Exercises For" series, *Exercises for Heart Health* features an easy to follow exercise plan for both cardiac health and muscle strength. The book reviews the causes of heart disease, the affects of heart disease on your overall health and well being, and practical exercise routines for treatment.

Exercises for Heart Health also features:

- * Up-to-date analyses of clinical treatments on heart disease
- * Daily exercise recommendations
- * A training log to track your progress

With clearly photographed exercises in easy-to-follow sequences and complete instructions, *Exercises for Heart Health* is a comprehensive visual resource. Written by Wiliam Smith, MS, NSCA, CSCS, MEPD, this book a useful, and possibly life-saving, reference to better health.

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