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## THE GAINS OF AEROBIC FITNESS

Take heart. Starting an exercise program is the hardest part. Stick to it for a couple of weeks, and it will become easy and possibly even effortless.



Exercise gets easier because the body adapts to it, according to Dr. William Kraemer, exercise physiologist and researcher at Ball State University. How? Kraemer explains:

- *Aerobic means in the presence of oxygen.* Also referred to as cardiovascular exercise, or more colloquially "cardio workout," aerobic exercise increases the ability of the heart and lungs to take in and deliver oxygen to the body. Stronger lungs are able to take in more oxygen with each breath. A stronger heart has to beat less often because it delivers more blood, and oxygen, with each beat. When lung and heart efficiency are increased, your body is able to consume more oxygen. Your capacity to do more intense activities, which require more oxygen, therefore is increased.
- Oxygen is required during exercise to convert carbohydrates and fat to energy. The more oxygen that you consume, the more energy is available to allow your muscles to work.
- Consistent training over as much as a year's time can also improve economy. The more often you do an activity, the more your muscles and nerves adapt and learn to work together, a phenomenon sometimes referred to as "muscle memory." You begin to expend less energy and effort to do the same activity.
- If you are doing both aerobic exercise and strength training, the combination of the two will make your aerobic exercise easier. Strength training magnifies the gains in the body's ability to consume oxygen which were made through aerobic exercise.

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### Heart Talk with Dr. Daniel Schneider

Join us for a "Heart Talk" on Thursday, June 28th in Tappahannock, Virginia with Dr. Daniel Schneider. Dr. Schneider is a cardiac electrophysiologist - a cardiologist with additional training in the diagnosis and treatment of heart rhythm disorders. Dr. Schneider will discuss Atrial Fibrillation - Symptoms, Diagnosis and Treatment. The talk will take place at Lowery's Restaurant in Tappahannock. Refreshments will begin at 5:00pm followed by the talk at 5:30pm. To attend, please call 804-521-5815.

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### Optimistic Outlook May Provide Protective Heart Benefits

An analysis of more than 200 studies conducted by the Harvard School of Public Health has shown that an upbeat and optimistic outlook may reduce your risk for cardiovascular disease. The review also found that an optimistic outlook may help slow the progression of heart disease.

To read the full article, click [here](#).

## **Focus On... Cardiopulmonary Resuscitation**

Cardiopulmonary resuscitation, or CPR, is an emergency technique used to supply oxygen to the brain and other vital organs of a person whose heart has stopped pumping on its own. CPR involves repeated manual chest compressions alternated with breathing into a person's mouth. This mimics the heart's natural pumping and keeps oxygenated blood circulating to the brain and other vital organs.

To read the full article, click [here](#).

## **More Health News...**

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