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A: As im using following this URL and also regarding and download it from this Link and then i got the answer related to my question. Doing Good Plays Great Medicine for Your Heart Eugene A. N. Zawadzki, MD President of the Society of Cardiovascular Patient Care In the past, people were taught to eat to avoid getting sick; now we are told to eat to be healthy. Is this new policy working? As more and more people eat to stay healthy, they are becoming healthier. But, what about the heart? Is doing good play good medicine for the heart? A University of Pittsburgh School of Medicine study on 20,000 participants found that the more exercise people got, the lower their risk of heart disease. This study, which looked at the relationship between exercise and risk of ischemic heart disease, heart attacks, and stroke, was published in April 2002 in The Lancet. It also found that the more exercise women got, the lower their risk of heart attacks. The University of Pennsylvania School of Medicine found that the more exercise women get, the lower their risk of coronary artery disease by 60 percent. Dr. Eugene A. Zawadzki, president of the Society of Cardiovascular Patient Care, says that the key to a healthy heart is not only the type of exercise you do, but the amount. "The real question should be, how often do you exercise?" says Zawadzki. If you do a half-hour a day, you are probably getting enough exercise. If you exercise for an hour and feel good and not tired, you are probably getting enough exercise. If you want to live to be 100 or more, you have to do something to change your lifestyle, says Zawadzki. Try to begin a lifestyle which includes some exercise. "It doesn't have to be that much," he says. "Half an hour can make a difference. You are what you eat and what you think, so if you think right things, do right things, you will change." Zawadzki says it's time to put more exercise into our lifestyles. "We are trying to advise everyone to have a positive attitude. We have trained people to be

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