Always consult your physician before starting a new exercise program. Regular exercise has been shown to improve heart function and decrease the risk of heart disease. It is recommended that adults engage in at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week, or a combination of both. Exercise can improve cardiovascular health, strengthen muscles and bones, and improve mental health.

**Achieving Maximum Benefit**

1. **Aerobic Exercise:** Activities that increase heart rate and oxygen consumption, such as brisk walking, cycling, or swimming.
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