

# Higher Fitness and its Correlation with Reduced Death after First Heart Attack

Tabitha davis<sup>†</sup>

## Introduction

Physical activity is an important part of maintaining excellent heart health. It's one of the most efficient ways to strengthen your heart muscle, maintain a healthy weight, and prevent artery damage caused by excessive cholesterol, high blood sugar, or high blood pressure, which can lead to heart attack or stroke.

Higher levels of physical fitness may not only reduce the risk of heart attacks and death from all causes, but may also improve the chances of surviving after a first attack, according to Johns Hopkins and Henry Ford Health System researchers. Some scientist used the patients' achieved metabolic equivalent score-MET, for short-as a quick, if not perfect, measure of energy consumption at rest and during physical activity in the new study, which looked at medical records of people who had taken a treadmill stress test before their first heart attack. The higher the MET score, the more physically fit the subjects were thought to be. The researchers discovered that the 634 patients who received a MET score of 10 or above had roughly 40% fewer deaths following their first heart attack than the rest of the patients. One-third of the 754 patients with a MET score of 6 or less died within a year of their initial heart attack, according to the researchers. Overall, each whole-number rise in MET score after a first heart attack resulted with an 8% reduction in death risk.

When you work out aerobically, you breathe

more deeply. Your heart has to work harder to pump blood. Exercise that is aerobic also elevates your heart rate (which burns calories). Walking, jogging, running, dancing, swimming, and bicycling are all examples of aerobic exercise. If you have a heart attack, regular exercise may help your heart. It has the potential to enhance the number of tiny blood veins connecting coronary arteries. Collateral blood vessels are what they're called. If one of the major coronary arteries becomes suddenly clogged, these collateral blood veins provide a backup channel for blood to reach the part of the heart muscle that is at risk of a heart attack.

Here are some exercises that reduce the rate of Heart Attacks and Improves heart health as well.

### ■ Aerobic exercise

Aerobic exercise promotes circulation, which lowers blood pressure and heart rate. It also enhances your cardiac output and improves your total aerobic fitness, as evaluated by a treadmill test, for example (how well your heart pumps). Aerobic exercise also lowers the risk of type 2 diabetes and aids blood glucose control in people who already have the disease.

### ■ Resistance training

Resistance training has a more targeted influence on body composition. It can assist patients who have a lot of body fat (particularly a large belly, which is a risk factor for heart disease) lose weight and build leaner muscle mass. According to research, combining aerobic exercise with

Editorial Office, International Journal of Clinical Skills, London, United Kingdom

<sup>†</sup>Author for correspondence: Tabitha davis, Editorial Office, International Journal of Clinical Skills, London, United Kingdom, Email: ijclinicalskill@journalres.com

resistance training can help boost HDL (good) cholesterol while lowering LDL (bad) cholesterol.

### ■ Flexibility, balance, and stretching

Stretching and other flexibility exercises do not immediately contribute to heart health. They promote musculoskeletal health, allowing you to maintain flexibility and avoid joint pain, cramping, and other muscular disorders. Being able to maintain aerobic activity and resistance training requires a high level of flexibility.

Regular exercise has other advantages, such as:

- Stress alleviation and mental well-being
- If you stretch afterward, you'll have more

flexibility

- Increased bone strength if weight-bearing workouts like jogging or lifting weights are included in the workout

---

### Conclusion

Diet and exercise are critical components of heart health. You are more likely to acquire health problems if you do not eat a healthy diet and exercise regularly. High blood pressure, high cholesterol, obesity, type 2 diabetes, and heart disease are all examples. These things raise your chances of having a heart attack or a stroke.