

MAIN STREET MEDICAL SUPPLY

NEWSLETTER



Main Street Medical Supply

Keep Your Heart Happy With Gentle Movement

Product Highlight

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Keep Your Heart Happy With Gentle Movement

February is a great time to give your heart a little extra attention. Heart health is not just about doctor visits and numbers on a chart. It's also about the small choices you make each day, especially how often you move your body. The good news is that movement does not have to be intense to be helpful. Consistent, comfortable activity can support circulation, energy, mood, and overall wellness.

Why movement matters for your heart

Your heart is a muscle, and like any muscle, it benefits from regular use. Moving your body helps your heart pump more efficiently, supports healthy blood pressure, and can improve cholesterol levels over time. Even short periods of activity add up. If you have limited mobility or you are just getting back into a routine, gentle movement still counts.

Simple ways to add more movement at home

Here are a few easy, realistic ideas that fit most lifestyles:

- Take a 5 to 10 minute walk once or twice a day. A hallway, driveway, or neighborhood loop works just fine.

- Stand up and stretch every hour. Set a reminder on your phone or place a sticky note where you'll see it.
- Try chair based movement. Seated marches, ankle circles, and gentle arm raises can help circulation without stressing joints.
- Make daily tasks count. Light housework, tidying, and carrying laundry are all movement.

If you have balance concerns, use a sturdy counter or chair back for support. Safety comes first.

A heart healthy routine that feels doable

If you want a simple starting plan, try this for one week:

- 3 days: 10 minutes of walking or chair movement
- 2 days: light stretching for shoulders, calves, and hips
- Every day: one small movement break every hour you're awake

Keep it gentle. You should be able to talk while moving. If you feel dizzy, unusually short of breath, or have chest discomfort, stop and reach out to your healthcare provider.



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Track the basics

Many people feel more confident when they can see patterns over time. If your provider has you monitoring blood pressure, consider keeping a simple log with date, time, and readings. Take your blood pressure at the same time each day, sit quietly for a few minutes first, and place your feet flat on the floor. If you ever see numbers that worry you, call your doctor.

Make movement safer and more comfortable

The right support can make a big difference, especially if you're working on walking more, improving balance, or protecting your joints.

- Supportive footwear and clear walking paths help prevent falls
- A cane or walker can improve stability and confidence
- A rollator with a seat gives you a place to rest when you need it
- Compression options may help with swelling for some people, when recommended by a provider

If you are unsure what would help, ask us. We are always happy to talk through options and safety tips with you in a low pressure, practical way.

One small step at a time

Heart health is built on steady habits, not perfection. Choose one movement you can do comfortably, and do it consistently. A few minutes today is a great start, and your future self will thank you.