

## Heart and Lungs

### Cardiopulmonary

The cardiopulmonary system involves the lungs, heart, veins, arteries, capillaries, and blood. Its purpose is to supply the body with the nutrients it needs and dispose of the waste that the body does not need. The heart and lungs have a give and take relationship of supplying blood and oxygen to each other. Things like high blood pressure, high cholesterol, and lung complications disrupt that natural flow. High blood pressure (also called hypertension) is when the heart is beating at a faster rate and high cholesterol is when the arteries develop plaque that restricts the flow of blood returning to the heart. Lung complications can lead to heart problems because there's a lack of oxygen in the body or an abundance of carbon dioxide in the body. Either way the heart works harder to try to restore balance in the body. If untreated properly can lead to heart attacks, stroke, even death.

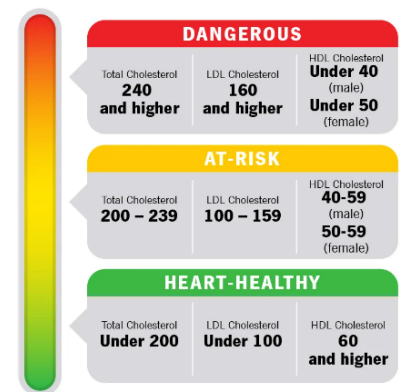
Know your levels.

## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	<b>LESS THAN 120</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>ELEVATED</b>	<b>120 – 129</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	<b>140 OR HIGHER</b>	<b>or</b>	<b>90 OR HIGHER</b>
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	<b>HIGHER THAN 180</b>	<b>and/or</b>	<b>HIGHER THAN 120</b>

### Cholesterol Levels



<b>HEART RATE</b>	<b>60-100 BEATS PER MINUTE</b>
<b>RESPIRATORY RATE</b>	<b>12-18 BREATHS PER MINUTE</b>
<b>BLOOD OXYGEN</b>	<b>95-100%</b>

### How to improve

Endurance exercise at a mild- moderate intensity is key. We must get the heart pumping and lungs expanding. Starting with a nice warm up, leading to a higher intensity workout, then ending with a cool down period is the focus.

- Types of exercise: running, cycling, swimming, walking (but are not limited to just these).
- 3- 5 days a week.
- 150 minutes a week.