

NPO法人東海循環器病診連携フォーラム  
第21回市民公開講座

「心血管疾患の最新治療について学ぼう」

心血管に良い運動を教えてください

名古屋第二赤十字病院

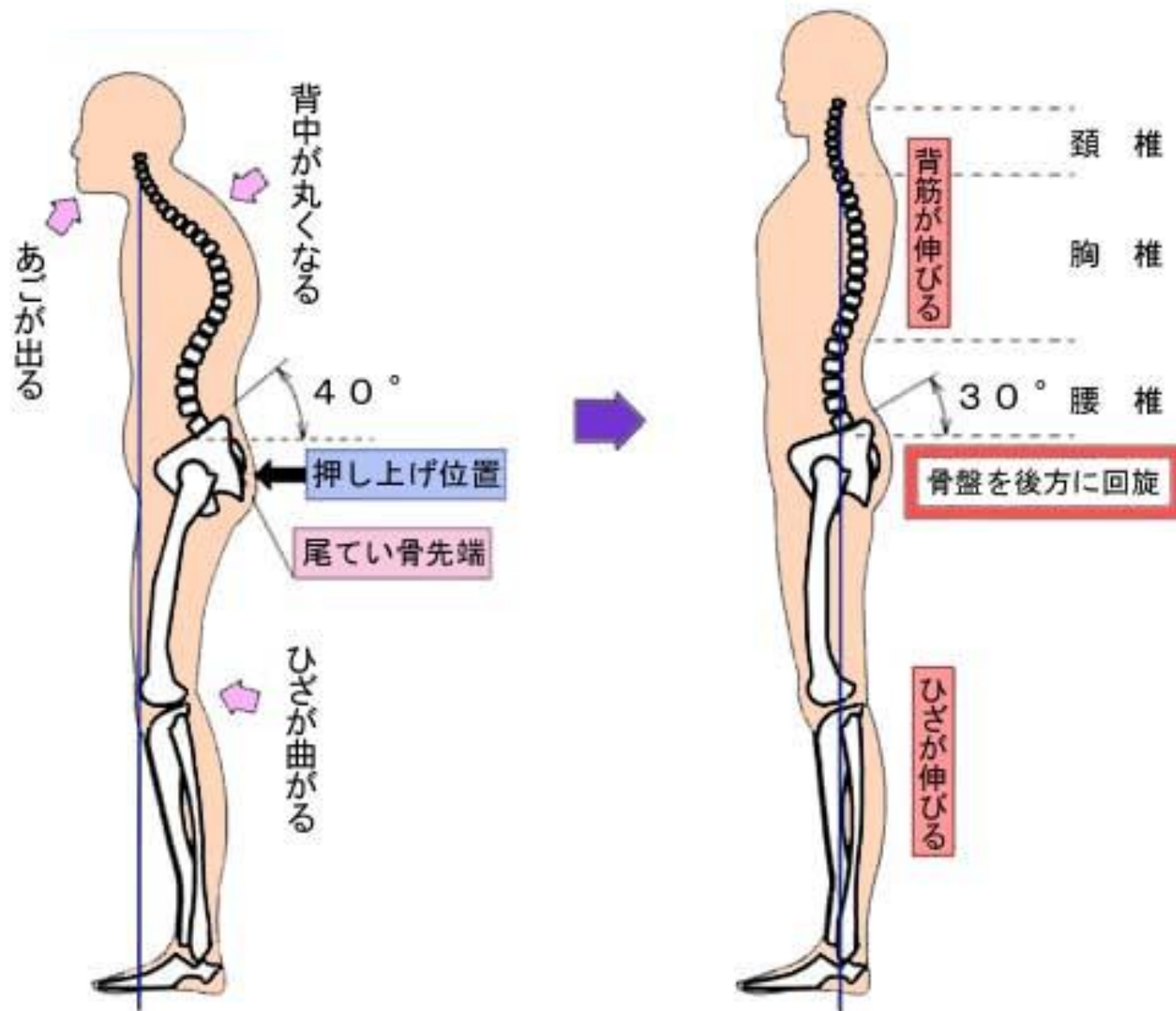
リハビリテーション課 永田英貴

# ウォーキングの注意点

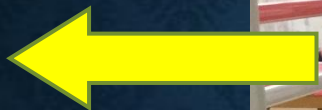
1. 運動の強さ

2. 姿勢

# ＜猫背(円背)の原因＞























# ウォーキングの注意点

1. 運動の強さ

2. 姿勢

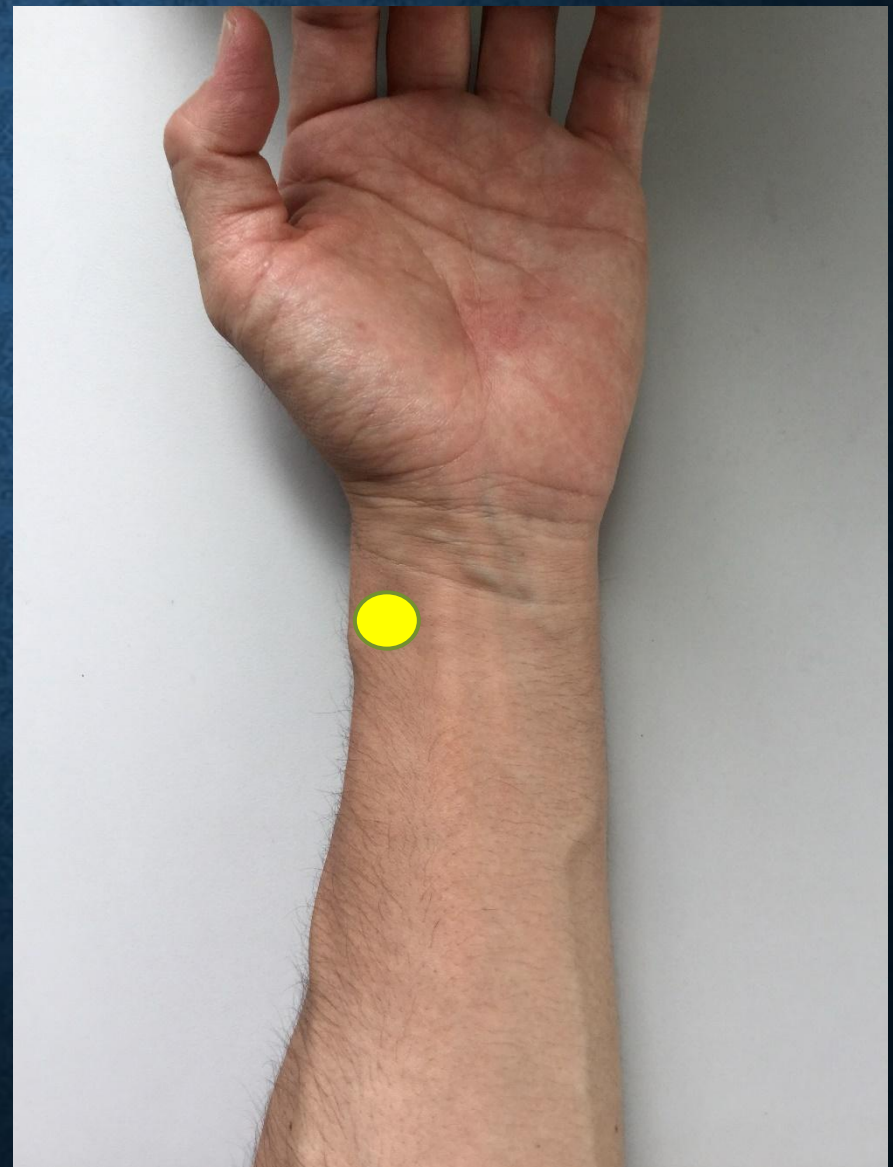


# 脈拍の確認方法



人差し指、中指、薬指の3本の指先を立てて、  
親指側の手首に軽く当てて脈を確認します。

# 脈拍の確認方法





# 姿勢





# インターネット検索

## 検索サイト Google

- AHA
- My life
- check

〇〇点 / 10点

 Share 237
  いいね! 2,026
  Tweet
  G+ 167
  共有する 3.8K
 Updated: May 3, 2017



**My Life Check®** was designed by the American Heart Association with the goal of improved health by educating the public on how best to live. These measures have one unique thing in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have—to live a long, productive healthy life.

## My Heart Score

### Manage Blood Pressure

HeartInsight.

Email: \* 

State: Please Select

Zip Code: 

By clicking submit below you agree to the [Terms and Conditions](#) and [Privacy Policy](#)

Submit

[illegible]

Any person of any age can make healthy changes. Our [Resource Guide](#) and [exercise infographic](#) will help you make smart choices as you and your loved ones look to maintain health and wellness.

## My Heart Score

### About Life's Simple 7

#### 血圧の管理

Heart disease and stroke. When your blood pressure is high, it can damage your heart, arteries, and kidneys which keeps



#### コレステロールの管理

LDL cholesterol should remain



#### 血糖値を下げる

Our bodies use for energy. Over time, high blood sugar can damage your eyes and nerves.



#### 活発に動く

Physical activity gives you gifts you can give yourself and those you love. It improves your length and quality of life.



#### 健康的な食事

Healthy eating can help prevent cardiovascular disease. When you eat a healthy diet, you are staying healthy – for life!



#### 標準体重の維持

Excess weight is a burden on your heart, lungs, and joints. Maintaining a healthy weight can lower your blood pressure



#### 煙草を吸わない

Smoking is a leading cause of heart disease. If you smoke, quitting is

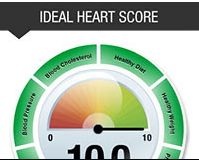


Any person of any age can make healthy changes. Our Resource Guide and exercise infographic will help you make smart choices as you and your loved ones look to maintain health and wellness.

- #### Popular Articles
- 1 Understanding Blood Pressure Readings
  - 2 Sodium and Salt
  - 3 Target Heart Rates
  - 4 Heart Attack Symptoms in Women
  - 5 How to Eat Healthy
  - 6 [What are the Symptoms of High Blood Pressure?](#)
  - 7 All About Heart Rate (Pulse)
  - 8 Tachycardia | Fast Heart Rate
  - 9 Warning Signs of a Heart Attack
  - 10 Angina (Chest Pain)

### Resources: Share My Life Check With Others

Join us in our mission to stop heart disease before it's even started by sharing Life's Simple 7 and the My Life Check assessment. Whether you work in healthcare or simply want to share with your community, the following materials and messages will help you spread the word. The American Heart Association's Workplace Health Solutions offers a suite of evidence-based tools to help you maximize your current employee health





# インターネット検索

検索サイト Google

- 国立がん研究センター
- リスクチェック

ただし、対象年齢は40-69歳

# インターネット検索

検索サイト Google

- AHA
- risk
- calculator

10年以内に心筋梗塞、脑梗塞  
になる可能性を算出

# 筋力

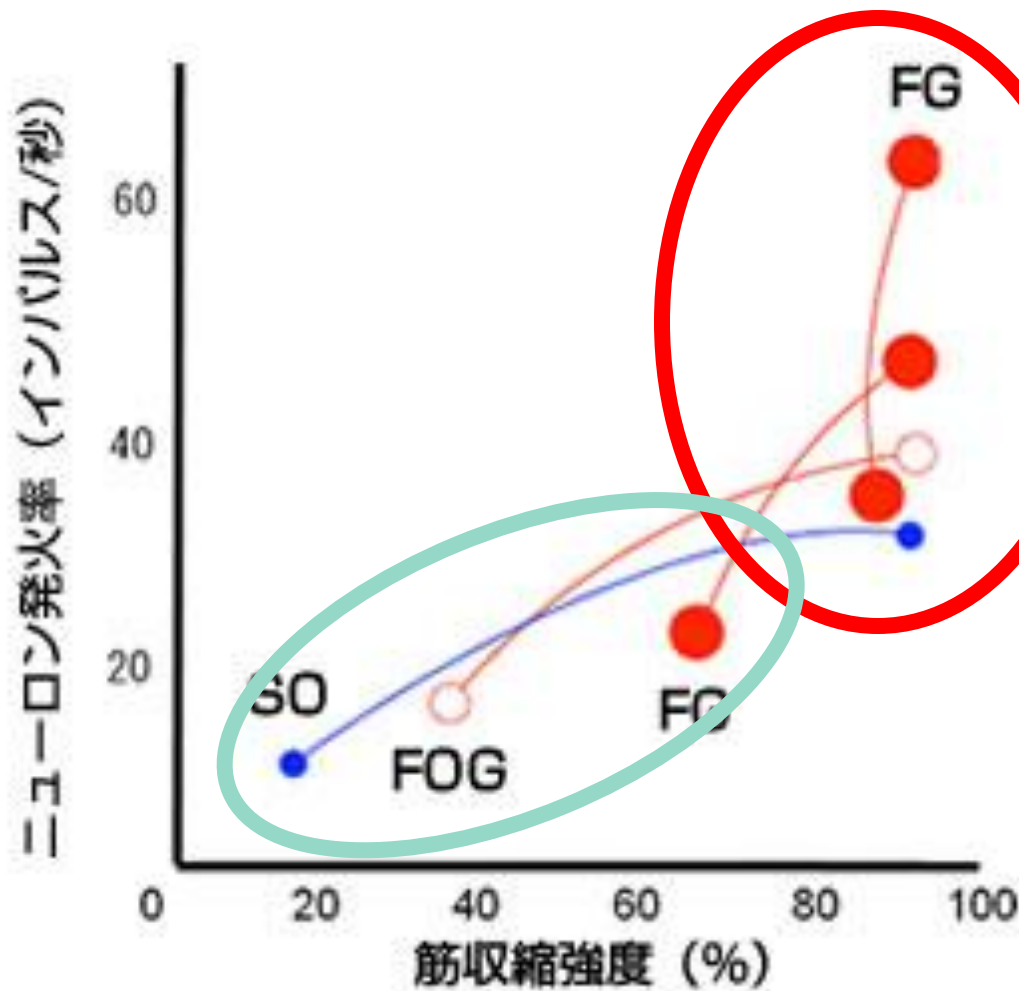


図3 サイズの原理

ある程度の  
負荷が必要



# 姿勢

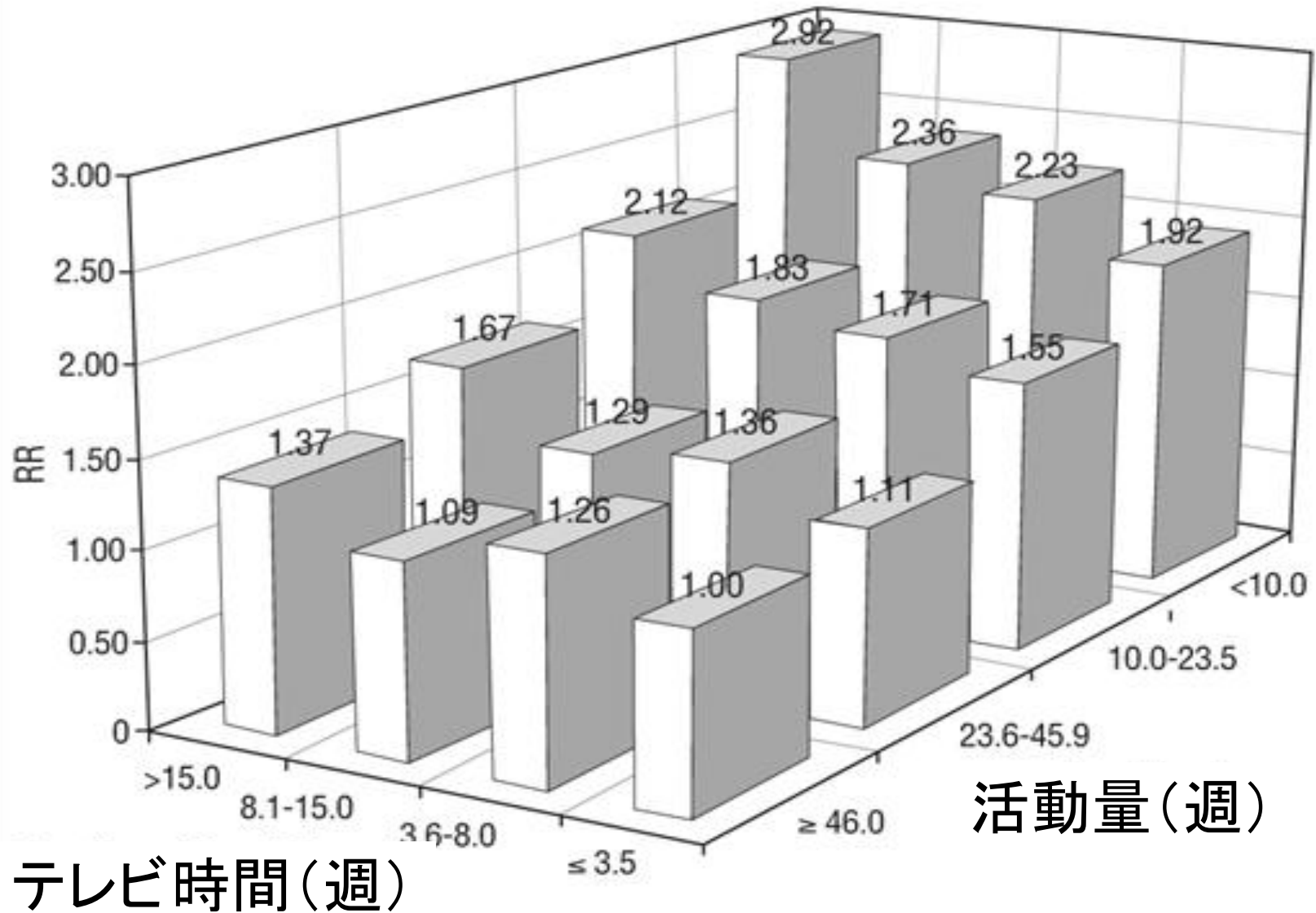


・カカトあげ

・モモあげ

（できれば立って）

# 1週間の過ごし方と糖尿病



# 運動と脳卒中

