

Most people find there are a lot of things that help them deal with their heart problems. A favorite exercise. A healthy food. And of course, the right medicine. Here are a few tips you can add to your own plan that just might make all the difference.

Let's face the music—and dance our way to better health.



Burn up the dance floor. Burn off calories.

Being active can lessen the toll of heart disease, high blood pressure, high cholesterol and ED on your body. Though few people think of dance as exercise, it is. Plus, it's healthy and a fun way to take off weight. Or keep it off. Think about this.

Be sure to ask your doctor before beginning an exercise program.

A moderate walk usually burns about 246 calories an hour for a 155 lb. person. But an hour of ballroom dancing? 387 calories. Switch to salsa or swing? You burn 400 calories an hour. Experts at The Mayo Clinic say dance is as good as a swim or bicycle ride. Whether your tastes run to the tango or the Texas two-step, just get yourself out there and move. In turn, that may help you keep high blood pressure and cholesterol under control.

