Benefits of Exercise

Exercise is one of the best things you can do to keep your heart healthy and reduce your risk of developing stroke or coronary heart disease. In fact, regular exercise can reduce your chance of cardiovascular disease by a third. Every year in the UK, over 41,000 people die from stroke and around 74,000 from coronary heart disease.

Doing regular exercise can help to reduce high blood pressure (hypertension). High blood pressure is common – three in 10 adults in the UK have it. If you have high blood pressure, you’re more likely to have a stroke or heart failure.

You can help to improve the balance of your cholesterol by exercising. There are two types of cholesterol – low-density lipoprotein (LDL) and high-density lipoprotein (HDL) cholesterol. LDL cholesterol is sometimes called ‘bad’ cholesterol; HDL cholesterol is sometimes called ‘good’ cholesterol. High levels of LDL and low levels of HDL increase your risk of heart disease. But the good news is, exercise is linked to higher levels of HDL cholesterol.

**Text Formatting**

1. Create a new Word document and type what you did last weekend (3 paragraphs required)
2. Change the typeface(font) to Arial – embolden, set the font size to 20point, colour Dark Blue – Text 2 – Lighter 40% and centre on the page.
3. Place the first paragraph in Times New Roman size 14pt
4. Place the second paragraph in Calibri size 12pt
5. Underline the text in the third paragraph.

**Document Formatting**

1. Ensure the page is set to A4 portrait.
2. Set all margins to 1cm
3. Save the document into your Word Processing folder with the filename 1WPEx