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numbness and weakness the health care team will run a variety of tests to diagnose and screen for cardiovascular conditions web the yoga heart connection heart health fitness and performance physical activity for heart health maintaining heart health exercise that revs up your heart rate isn t the only kind of physical activity that can help prevent or manage heart disease the calming exercise of yoga is good for the heart too a large number of studies show that yoga web johns hopkins cardiologists are leaders in preventive cardiology research with preventive cardiology the goal is to reduce risk factors and prevent any signs of disease from getting worse preventive cardiology researchers at the ciccarone center for prevention of cardiovascular disease work to better prevent heart disease and stroke through web being physically active is a major step toward good heart health it s one of your most effective tools for strengthening the heart muscle keeping your weight under control and warding off the artery damage from high cholesterol high blood sugar and high blood pressure that can lead to heart attack or stroke

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