



capita**health**

Minds Advancing Medicine

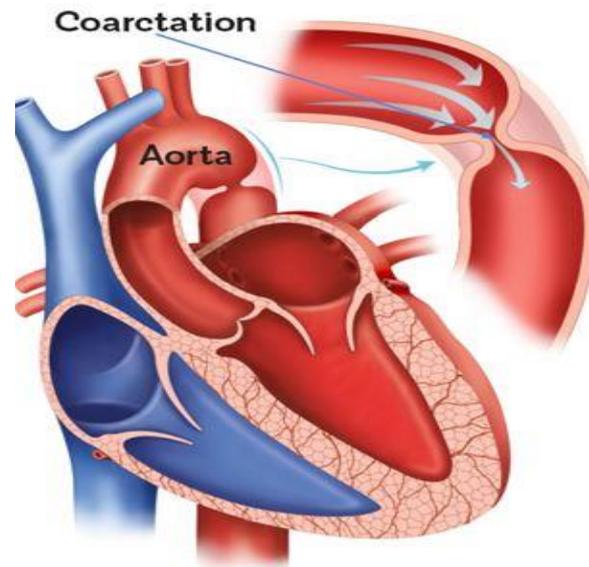
Galantines Celebration 2026

Capital Women in Philanthropy

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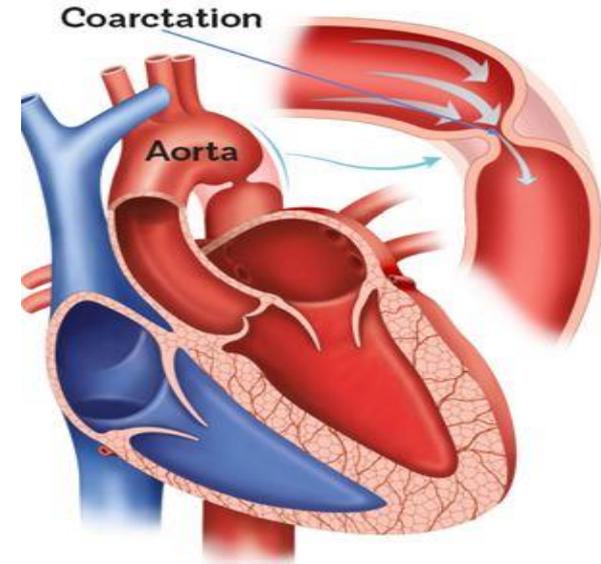
Congenital Heart Disease

- Refers to structural heart abnormalities present at birth
- 85-90% of children survive CHD but face a higher lifetime Risk of developing “acquired” chronic conditions compared to general population
- Adopting a healthy lifestyle is critical for CHD to offset genetic risk & significantly reduce the likelihood of secondary chronic disease

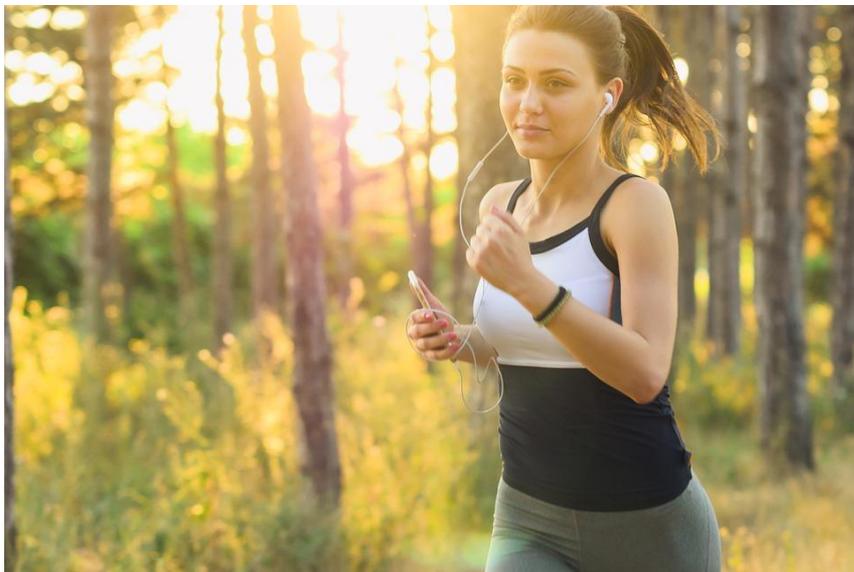


Congenital Heart Disease-My Story

- Ventricular Septal Defect (VSD)
“hole in the heart”
- Cardiac Anomaly-structural problems with the heart or major blood vessels present at birth occurring when they don't form correctly in the womb-impacting blood flow and oxygen to the body.
- Co-arctation repair of Aorta-fixing a narrowed section of the Aorta (body's main artery) to help restore normal blood flow.



CHD Survival- A New Landscape



- 97% Survival rate: Modern care showing almost all children with CHD to live to adulthood
- Adult Prevalence: Almost 1.4 Million adults in the U.S are living with CHD
- Focus shift: Focus of “just surviving has shifted to optimizing quality of life through daily habits.

Power of Movement



- **Mortality Reduction:** Achieving 150-300 minutes of moderate activity weekly can significantly lower cardiovascular death risk. **(22-31% decrease)**
- **Viscous Cycle:** Patients who are restricted from activity are more likely to become overweight or obese. (causes heart to work harder, causing dilation & increased wall tension)
- **Secondary chronic disease:** Those who model a healthy lifestyle decrease the risk of stroke, heart failure , and or diabetes

Nutrition and Prevention



- Up to 80% of premature heart disease and strokes can be prevented through proper diet and exercise
- Choosing anti-inflammatory foods can help reduce the risk of further heart damage
- Reducing saturated fats and salt help prevents high cholesterol and HBP.

Recommended weekly exercise - AHA

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Tight on time this week? **Start with just 5 minutes.** It all adds up!

We are only awarded one body, let's take care of it!
Progress not perfection!

Strength Training and Your Heart

Core Benefits

- 1.Reduces Blood Pressure (1-4 points in resting BP)
- 2.Boost Good HDL and lowers triglycerides
- 3.Reduces cardiac fat (Fat around the heart)
- 4.Increase metabolism: burn more calories at rest
- 5.Incorporating Resistance training to your routine can lower your risk of heart disease by 17% according to the AHA



Stay Motivated

Break up the monotony & create new routines

Set reasonable expectations

Find a workout buddy

Rewards 😊



Your Heart will Thank You!

Love your Heart





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Thank you Capital Women in Philanthropy!