

10 Tips to Keep Your Heart Healthy



1 Move More, Sit Less: Add more movement to your day! Walking meetings, stretching sessions, or laps around the office will get the blood flowing.

2 Emphasize Activity: Whether it's jogging, cycling, or swimming, find activities you enjoy and make them a regular part of your routine.

3 Embrace a Heart-Healthy Diet: Fill your plates with fruits, vegetables, whole grains, and lean proteins. Limiting saturated fats, sodium, and added sugars can also help support heart health.

4 Drink Plenty of Water: Staying hydrated is crucial. Choose water over sugary beverages to help maintain hydration and support heart function.

5 Get Outside: Spending time outdoors benefits heart health, including reducing stress levels and increasing physical activity. Take breaks during the workday or participate in outdoor activities on the weekends.

6 Manage Stress: Chronic stress can take a toll on the heart. Stress-reducing activities such as meditation, deep breathing exercises, yoga, or spending time with loved ones can alleviate stress.

7 Make Your Own Meals: Prepare your own meals whenever possible. Cooking at home allows for better control over ingredients and portion sizes, making it easier to maintain a heart-healthy diet.

8 Know Your Numbers: Regular check-ups with a healthcare provider are essential for monitoring blood pressure, cholesterol levels, and other key indicators of heart health. Stay on top of your health by scheduling routine screenings.

9 Practice Portion Control: Mindful eating, such as paying attention to hunger and fullness cues, and avoiding oversized portions can support heart health.

10 Prioritize Sleep: Aim for 7-9 hours of quality sleep each night by establishing a consistent bedtime routine and creating a comfortable sleep environment.