

10 Tips to Keep Your Heart Healthy



1 Move More, Sit Less: Add more movement to your day! Short walks, stretching sessions, or chair exercises will keep your blood flowing.

2 Find Enjoyable Activities: Low-impact exercises 150 minutes per week can help maintain heart health without straining joints.

3 Eat for a Healthy Heart: Fill your plates with fruits, vegetables, whole grains, and lean proteins. Cut back on sodium, saturated fats, and added sugars to support healthy blood pressure and cholesterol levels.

4 Stay Hydrated: Drink plenty of water throughout the day to support circulation and overall heart function.

5 Get Fresh Air & Sunshine: Spending time outdoors can reduce stress, improve mood, and encourage physical activity. Take a morning or evening stroll in the neighborhood or enjoy light gardening.

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

7 Cook at Home More Often: Preparing your own meals gives you better control over ingredients and portion sizes. Try heart-healthy cooking methods like baking, steaming, or grilling instead of frying.

8 Know Your Numbers: Stay on top of your blood pressure, cholesterol, and blood sugar levels with regular check-ups. Work with your doctor to manage any heart-related conditions and medications.

9 Watch Your Portions: Mindful eating, such as paying attention to hunger and fullness cues, and avoiding oversized portions can support heart health.

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