

7 Steps to a Healthier Heart



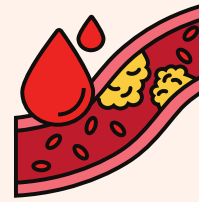
Healthy Diet: Get plenty of fruits, vegetables, and whole grains. Eat lean meats like fish and chicken. Be sure to limit things such as sodium, added sugars, and saturated fat.



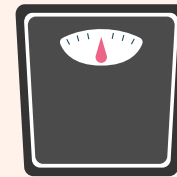
Get Active: There are numerous benefits to exercise, including strengthening the heart and lowering blood pressure! Try to fit in at least 150 minutes of moderate level cardiovascular activity per week.



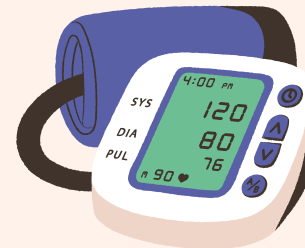
Watch Your Blood Sugar: Cut back on foods with a lot of added sugar. Drink water instead of juices and soft drinks. Try not to eat candy, breakfast pastries, and deserts in excess. Enjoy these things in moderation.



Watch your Cholesterol: Moderation, again, is key. Limit foods high in LDL's (bad cholesterol) and enjoy high fiber snacks more often.



Maintain a Healthy Weight: Excess adipose tissue around the chest can increase risk for heart disease. Keeping a healthy amount of body fat will eliminate this risk. Aim to maintain a BMI less than 25. Formula for BMI= Weight in Pounds / (Height in inches x Height in inches) x 703



Monitor Blood Pressure: Average "normal" blood pressure is 120/80. Make sure your numbers do not drastically exceed this.



Live Smoke Free: If you don't smoke, don't start, and avoid excess amounts of secondhand smoke. If you do smoke, try taking steps towards cutting down, and eventually quitting.

