

SHARE THE WELLNESS TIP



February 27, 2015

Take Steps For A Healthy Heart



More women in America die from heart disease each year than any other disease, even cancer. Similar to cancer, some risk factors for heart disease, such as family history and age, can't be changed. But here are 9 ways you can lower your heart-disease risk.

- ♥ Ensure that you keep healthy cholesterol, blood pressure, and blood sugar levels.
- ♥ Emphasize fruits, vegetables, and whole grains in your diet. Limit your intake of salt, saturated and trans fats, cholesterol, and sugar.
- ♥ Take steps to quit smoking now if you are a smoker. There are many resources available to help.
- ♥ Limit your exposure to secondhand smoke, which also is detrimental to heart health.
- ♥ Stay at a healthy weight or lose pounds if you need to. If you're not sure about the right weight range for you, talk to your doctor.
- ♥ Get at least 30 minutes of moderate-or vigorous-intensity exercise each day. More exercise is necessary if you need to lose weight.
- ♥ Limit the amount of stress in your life. Get enough sleep, relaxation, exercise, and proper nutrition. Use healthy ways to de-stress, such as walking around the block or talking to someone you trust.
- ♥ Follow your doctor's recommendations for a healthy heart, and have a cardiac disease risk assessment.