



HEART YOUR HEALTH

Improving your health begins with your heart. Did you know on average your heart beats 100,000 times a day? Keep it strong by incorporating these healthy and easy lifestyle habits.

Make Your Heart Beat: Remember to get up and move throughout the day to keep healthy blood flowing, balancing your blood sugar and fats. Also, don't forget to get your daily physical activity in.

Eat What Your Heart Wants:

- Fish – Fish is high in omega 3 fatty acids. These fatty acids are known to reduce heart disease, lower bad cholesterol, and increase good cholesterol.
- Dark Chocolate – Dark chocolate contains flavonoid, a nutrient that can reduce your risk of heart disease and can also positively affect blood clotting.
- Nuts – Nuts contain heart healthy substances such as unsaturated fats and omega 3 fatty acids, both of which decrease the likelihood of heart disease.
- Fat – The amount of saturated animal fat one consumes can be very detrimental to the heart. Limit the amount of saturated animal fat you consume, especially trans fats. Enjoy heart healthy fats like fish, nuts, and vegetable fats.

Shun the Salt: Reduce your salt intake by just ½ teaspoon a day to significantly reduce your chances of developing heart disease.

Know Your Numbers: Check your glucose, cholesterol, and blood pressure regularly. Strive to keep them in healthy ranges to keep your heart healthy.

Relax and Rejuvenate: Stress is a major factor when it comes to our heart health. Stress can result in the small stuff, such as a racing heart, and the big stuff, such as a heart attack. The small stuff can lead to the big stuff when stress is constant and endures over a long period of time.

Don't Light Up: Don't start. Or stop now! Smoking is one of the biggest contributing factors to heart disease. Quitting will make your heart healthier immediately and will continue to improve your heart health the longer you have stopped.