



Love your heart

5 essential tips

Here are five heart-smart practices to help you reduce your risk of heart attack, stroke, and other forms of cardiac disease. Remember, when you decide to form healthy habits, you can make the changes gradually. Getting started is the important part.

- 1. Know your risk.** Risk factors are conditions or habits that make a person more likely to develop a disease. Many are in your control, some are not. Examples include: having high blood pressure and high cholesterol, being overweight, smoking, and not getting regular physical activity. Talk with your doctor about your individual risks.
- 2. Get moving.** Regular physical activity helps your heart in many ways. It can help you lose excess weight, lower your blood pressure and cholesterol, help you manage stress, and more. Aim to participate in at least 30 minutes of moderate activity at least five days per week.
- 3. Eat wisely.** Focus on vegetables, fruits, whole grains, fat-free or low-fat dairy, and protein-rich foods. Limit sodium (salt), saturated fat, added sugars, and alcohol.
- 4. Quit smoking/vaping.** Any amount of smoking or vaping, even occasional, damages your heart and blood vessels. Talk with your doctor about programs and products that can help you quit.
- 5. Find a support system.** Having positive social support and feeling connected to others makes it easier to stick to heart-healthy habits. Creating a supportive environment is one of the best ways to cope with a diagnosis or take charge of your health.

Sources

American Heart Association
Centers for Disease Control and Prevention
National Heart, Lung, and Blood Institute (NHLBI)



**Want to
learn more?**

Go to
[Blog.PacificSource.com](https://blog.pacificsource.com)

