

# Quick & Healthy HEART HABITS

## HEART-HEALTHY EATING MADE EASY

A heart-healthy lifestyle doesn't have to be overwhelming. These little changes can make a big difference:

### 1. Lower blood pressure with fruits and veggies.

High blood pressure is a major risk factor for heart disease. Swap out sweets or deep-fried foods for fruits and vegetables. They contain plenty of potassium, which is a mineral that helps to naturally lower blood pressure. Try to get 2.5 cups of veggies and 2 cups of fruit each day.

### 2. Favor healthy fats.

The right kind of fats can be good for your heart. Fatty fish such as salmon contain omega-3 fats, which may prevent sudden death from a heart attack. Olive oil, avocados, nuts and seeds all contain heart-healthy unsaturated fat that can help lower bad cholesterol and may raise good cholesterol.

### 3. Cut back on sodium when you can.

If you've been eating salt for years, it can be hard to cut it out completely. But you may not taste the difference if you gradually replace some of the salt in your diet with herbs and spices without sodium. Cutting back on sodium can reduce your risk of heart attack, heart failure, and stroke. Many processed foods already contain high amounts of sodium, and adding salt to food greatly increases sodium intake for many people.



## TAKE STEPS TO A HEALTHIER HEART

Exercise benefits the heart by decreasing its workload. It improves the ratio between the heart's demand for oxygen and its supply through the coronary arteries. Exercise also improves your blood sugar levels and makes you leaner. Together, these changes improve both the supply and demand of the heart.

### *Start simple! If you can't run, walk.*

For many people, jogging, running, or other high-intensity workouts aren't possible. Fortunately, you don't have to choose a tough workout to get heart benefits. Start walking just a few minutes a day. Increase the amount of time you walk when you can until you are walking 30 minutes a day most days of the week. Brisk walking can be just as beneficial to your heart as running.

