

# 7 Ways to a Healthier Heart

Information provided by the American Heart Association



## Manage your Blood Pressure

High blood pressure is caused by an increased force of blood pushing against the walls of your blood vessels. By decreasing stress levels and eating better, you can lower your blood pressure to the healthy range.

## Control Your Cholesterol

Too much bad cholesterol could put you at risk for blockages in your heart which could lead to heart disease and stroke. Eating healthy and regular physical activity can help lower your cholesterol.



## Lower Your Blood Sugar

Over time, high levels of blood sugar can damage your heart, kidneys, eyes, and nerves. To lower your blood sugar, limit intake of foods like: sweets and sugary beverages, heavily processed foods, sodium, and alcohol.

## Stop Smoking

Smoking damages your circulatory system and can lead to heart disease, stroke, chronic lung diseases, and several types of cancer. Medications and other resources like support groups can help you quit smoking.



## Manage Your Weight

Maintaining a healthy weight improves your overall health, increases your energy level, and improves your quality of life. A balance of eating healthy and staying active will help you maintain a healthy weight.

## Increase Physical Activity

150 minutes of moderate exercise per week can increase your life expectancy and allow you to maintain a healthy weight and cholesterol level. Walking, aerobics, or group fitness classes can help you reach your health and weight goals.



## Eat Better

Improving your diet is one of the best ways to avoid heart disease and stay healthy. Eating fruits and vegetables, whole grains, lean meats, poultry, and fish as well as limiting sugary foods and drinks will help you maintain a healthy weight and meet your health goals.

**My Goals:** \_\_\_\_\_  
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