How to keep your heart healthy

DON'T skip your regular blood pressure check

- It is a silent killer
- B/P 130/80 & up

DON'T expect your Statin to do all the work

- Cholesterol lowering medication
- Eat a healthy diet

GET enough sleep

- (7) seven hours of sleep per night is recommended!!

AVOID sitting for 9+ hours a day

- 30 minutes of daily exercise
- Sedentary time ups the risk for heart disease

PAY attention to your stress levels

- 30 minutes a day to do something mindful
- i.e., yoga, meditation, or prayer

SKIP yo-yo dieting

- losing and re-gaining weight puts stress on your heart

SAY no to diet sodas

- are filled with chemicals that trick the body into producing insulin
- stick with sparkling H2O, unsweetened tea, and coffee