



Heart Health is Optimal Health!

Both heart and physical health are two very important components of a healthy life, from childhood to the golden years.

A little progress each day adds up to BIG results! Start with these tips today!

Tips for a Healthy Heart!



Physical Activity increases heart rate and blood flow for at least 30 minutes daily. Walk With Ease Program

Manage Chronic Conditions such as high blood pressure, diabetes, high cholesterol.

Eat a Healthy Diet high in fruits and vegetables, especially berries and green leafy vegetables. Check out Heart healthy recipes and MyPlate resources from the U.S. Department of Agriculture.

Get a Good Night's Sleep for at least 7-8 hours.

Schedule Regular Checkups with your doctor for routine screenings and vaccinations.

Reduce Alcohol
Drinking too much can harm your health.

Giving Up Tobacco lowers your risk of developing heart disease, cancer, lung disease, and other smoking-related illnesses. **Need Help Call Quit Now Virginia 1-800-QUIT-NOW | 1-800-784-8669 | 1-855-DEJELO-YA /1-855-335-3569 - Spanish**

The Heart Attack A Commonsense Guide To Prevention Treatment Recovery And Staying Well

Katrin Zwirgmaier



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