

# Five Heart Healthy Habits



Taking care of your heart is one of the most important steps you can take to stay healthy and independent as you age. The good news is that small, everyday choices can have a powerful impact on your heart health. Use this tips sheet to learn five simple habits that can help reduce your risk of heart disease and support a healthier, more active life.

- 1. Eat heart-smart foods.** Choose more whole foods such as fruits, vegetables, lean protein, nuts, seeds and healthy oils like olive or canola oil. Start simple by adding one fruit or vegetable to each meal.
- 2. Stay physically active.** The American Heart Association recommends adults get at least 2½ hours of moderate activity or 75 minutes of vigorous activity each week. Try a daily walk or schedule biking, jogging or swimming a few times a week.
- 3. Quit tobacco.** Smoking and other nicotine products such as e-cigarettes and vapes increase the risk of heart disease. Quitting tobacco is one of the most powerful steps you can take to protect your heart.
- 4. Monitor blood sugar and blood pressure.** High blood sugar and blood pressure can damage your heart over time. Check these regularly and work with your health care provider to keep them in a healthy range.
- 5. Manage cholesterol and weight.** Cholesterol and body weight affect how hard your heart has to work. Talk with your doctor about managing cholesterol levels and maintaining a healthy weight through diet, activity and medication if needed.

*The contents of this download are not intended to substitute for professional medical advice, diagnosis or treatment.*



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