



HEART HEALTHY — LIFESTYLE —

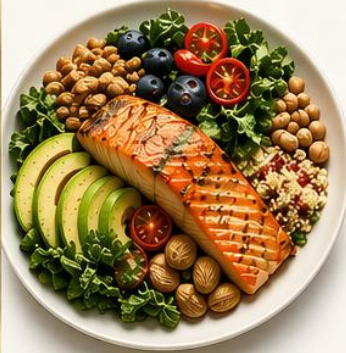
Small choices today, stronger heart tomorrow.



CARING
COMPASSION
EXCELLENCE

1 NUTRITION: EAT FOR YOUR HEART

A heart-healthy diet is the foundation of prevention and long-term wellness.



- ✓ Focus on whole foods: vegetables, fruits, whole grains, legumes
- ✓ Choose healthy fats: olive oil, nuts, seeds, fatty fish (e.g., salmon)
- ✓ Limit saturated fats & trans fats (fried foods, processed snacks)
- ✓ Reduce salt intake (aim <2,300 mg/day; lower if hypertensive)
- ✓ Minimize added sugars and sugary drinks
- ✓ Stay well hydrated (primarily water)



2 PHYSICAL ACTIVITY: KEEP MOVING

Regular movement strengthens the heart muscle and improves circulation.



Aim for **150 minutes/week** of moderate exercise (e.g., brisk walking)



Include strength training 2–3 times/week



Reduce sedentary time (break up long sitting periods)



Start gradually and increase safely, especially in patients with heart disease

3 WEIGHT & METABOLIC HEALTH

Maintaining a healthy weight reduces strain on the heart.



Target a healthy BMI and waist circumference



Manage blood pressure, cholesterol, and blood sugar regularly



Even **5–10%** weight loss can significantly improve risk factors



4 AVOID HARMFUL HABITS



QUIT SMOKING
(major reversible risk factor)



AVOID SECONDHAND SMOKE



AVOID ALCOHOL



AVOID VAPING AND RECREATIONAL DRUGS



Quitting smoking and avoiding tobacco products are among the most powerful steps you can take for your heart.

5 STRESS & MENTAL WELL-BEING

Chronic stress contributes to hypertension and heart disease.



Practice stress management: prayer, mindfulness, breathing exercises



Maintain strong social connections



Seek help for anxiety or depression



Make time for hobbies and things you enjoy

6 SLEEP: A HIDDEN PILLAR



Aim for **7–9 hours** of quality sleep per night



Treat conditions like sleep apnea



Maintain a consistent sleep schedule



KEY TAKEAWAY



A heart-healthy lifestyle is not a single change—it's a **daily pattern of choices**. Small, consistent habits lead to **lifelong cardiovascular protection** and a healthier, longer life.



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