Be Heart Healthy

**Exercise**
Regular exercise helps raise your good cholesterol while lowering your bad cholesterol. Aerobic exercise may have a positive effect on your blood pressure too!

*Examples of Heart Healthy exercise...*
- Running
- Jogging
- Walking
- Swimming
- Biking
- Hiking
- Dancing
- Jumping Rope
- Aerobics
- Karate
- Kick-boxing
- Spinning

**Stress-Management**
Stress Management is an important part of being Heart Healthy! Too much stress can cause high blood pressure and weight gain. One way to lower your stress level is by making sure to get enough sleep. Sleep rejuvenates the body so it's important to get between 7-9 hours every night.

*Ways to manage your stress...*
- Meditate
- Read
- Journal
- Listen to music
- Exercise
- Hang out with a friend
- Paint
- Play with a pet
- Cook
- Practice time management

**Eat Healthy**
Eating foods low in cholesterol and saturated fat can help you keep your cholesterol in check. Look for foods that contain the fatty acid, Omega-3. This essential fatty acid may reduce your risk of heart disease and is prevalent in fish like tuna or trout.

*Foods to steer clear from...*
- Deep-fried foods
- Red meat
- Butter
- Salty foods
- Whole milk
- Egg yolk

*Foods to choose...*
- Leafy Green Vegetables
- Squash
- Onions
- Sweet Potatoes
- Salmon
- Oatmeal
- Fresh fruits
- Walnuts
- Tomatoes
- Beans

**What influences your heart’s health?**

**Cholesterol**
Cholesterol is a waxy, fat-like substance that is naturally made in your body. However, when you eat foods high in cholesterol you have more in your system than your body can use. Avoid foods high in trans fat, saturated fat, & cholesterol. Try to get fat from plant sources like nuts, olives, and avocados.

**Gender**
More women are affected by heart disease, stroke, and other cardiovascular diseases than men. However, both men and women should take steps to keep their heart healthy!

**Ethnicity**
African-Americans and Hispanics face a higher risk of death from heart disease, stroke, and other cardiovascular diseases. Heart disease is the #1 killer of African Americans.

**High Blood Pressure**
Blood pressure is the force of the blood against artery walls when the heart beats and rests. The higher your blood pressure is the harder it is for blood to flow through your arteries.