

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

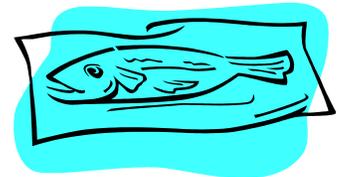
Eating foods low in cholesterol and saturated fat can help you keep your cholesterol in check. Look for foods that contain the fatty acid, Omega-3. This essential fatty acid may reduce your risk of heart disease and is prevalent in fish like tuna or trout.

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

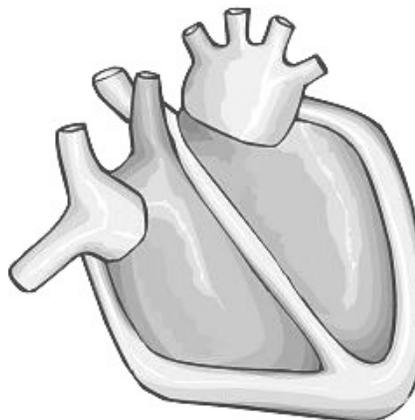
Cholesterol is a waxy, fat-like substance that is naturally made in your body. However, when you eat foods high in cholesterol you have more in your system than your body can use. Avoid foods high in trans fat, saturated fat, & cholesterol. Try to get fat from plant sources like nuts, olives, and avocados.

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.

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!



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.