

Protecting Your Heart Starts Today

Heart disease usually develops over many years—not overnight.

The good news is that many of the biggest risk factors can be improved with small, consistent lifestyle changes.

You don't have to change everything at once. Every healthy choice you make helps support your heart.



6 WAYS TO PROTECT YOUR HEART



1. MANAGE YOUR BLOOD PRESSURE

Keeping your blood pressure in a healthy range helps protect your heart, brain, kidneys, and blood vessels.



2. LIVE TOBACCO-FREE

Quitting smoking is one of the most powerful things you can do for your heart. No matter how long you've smoked, it's never too late to benefit from quitting.



3. STAY ACTIVE

Regular physical activity strengthens your heart and can improve blood pressure, cholesterol, blood sugar, and overall well-being.



4. EAT FOR YOUR HEART

Choose fruits, vegetables, whole grains, lean proteins, and healthy fats more often. Remember, healthy eating is about consistency—not perfection.



5. PRIORITIZE SLEEP

Getting enough quality sleep helps support healthy blood pressure, blood sugar, and overall heart health.



6. MANAGE STRESS

Stress is part of life, but finding healthy ways to manage it can benefit both your emotional well-being and your heart.



EVERY HEALTHY CHOICE MATTERS.

You don't have to be perfect to improve your heart health. Small changes, repeated over time, can lower your risk and help you stay healthier for years to come.

QUESTIONS FOR KAREN

- ? What are my biggest risk factors for heart disease?
- ? What is one change that would have the biggest impact on my heart health?
- ? How can I lower my risk over the next 10 years?

Karen's Corner

Heart health isn't built in a day—it's built through the choices we make over time. Whether it's lowering your blood pressure, taking more walks, getting better sleep, or making healthier food choices, every step counts.

My job isn't to expect perfection; it's to help you find realistic changes that fit your life and support you along the way. Together, we can build a plan that helps keep your heart healthy for years to come.

We're here to help!

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