

Heart Healthy Living



There are plenty of ways to make lifestyle changes to reduce your risk of stroke, heart attack, heart failure and other complications from heart disease!

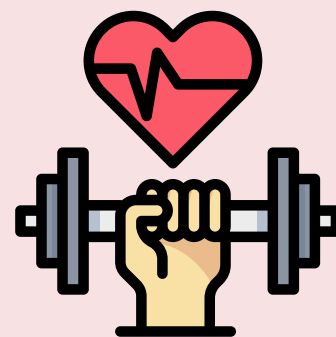


Maintain a Healthy, Balanced Diet

Eating a balanced diet of fruits, vegetables, poultry, fish and healthy fats can help you maintain a healthy weight and eat things to benefit your body. Limiting your intake of fat, trans fat, sodium, sweets, red meat, and sugary drinks can also help.

Exercising Regularly

The AHA recommends 150 minutes of moderate-intensity aerobic exercise per week. They also recommend adding in weight or resistance training 2 times per week!



Quit Smoking

Smoking is a major cause of Heart Disease. Quit smoking to reduce your risk of complications from heart disease! Call 1-800-QUIT-NOW to talk to a professional from the CDC.

Switch out Sugary Drinks

Switching out sugary drinks for water and limiting alcohol consumption can reduce your calorie intake and lower the amount of sugar you are consuming.

