

Heart Health 1

*February is Heart Health month!
Today and over the next three weeks we will provide
some information on what heart health is
and how to promote it.*

Cardiovascular System

We know aging will likely cause wrinkles and gray hair. But aging can also affect the heart and blood circulation, the Cardiovascular System.

The most common change in the cardiovascular system is stiffening of the blood vessels and arteries, causing your heart to work harder to pump blood through them. The heart muscles change to adjust to the increased workload. Your heart rate at rest will stay about the same, but it won't increase during activities as much as it used to. These changes increase the risk of high blood pressure (hypertension) and other cardiovascular problems.

How to promote heart health

⇒ Include physical activity in your daily routine

Try walking, swimming or other activities you enjoy. Regular moderate physical activity can help you maintain a healthy weight and lower your heart disease risk.

⇒ Eat a healthy diet

Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and salt.

⇒ Manage stress

Stress can take a toll on your heart. Take steps to reduce stress, such as meditation, exercise or talk therapy.

⇒ Get enough sleep

Quality sleep plays an important role in the healing and repair of your heart and blood vessels. Aim for seven to nine hours a night.

*Next week we will talk about what daily physical activity
can look like and how to get started.*

Get pumped for HEART HEALTH!