

News



HEART HEALTH



TO CULTIVATE A JOYFUL HEART,
CONSIDER THESE KEY ASPECTS:

1. Mindful Eating: **Enjoy your food by savoring each bite and listening to your body's hunger signals.**
2. Healthy Choices: **Focus on heart-healthy foods like fruits, vegetables, and whole grains, while allowing small indulgences.**
3. Regular Activity: **Engage in enjoyable physical activities, such as walking or cycling, to boost your mood and heart health.**
4. Social Connections: **Share meals and experiences with friends and family to enhance emotional well-being.**
5. Positive Mindset: **Practice gratitude and mindfulness to focus on the positives in your life.**
6. Rest: **Prioritize quality sleep and relaxation for emotional balance.**

Incorporating these elements can help you maintain health and foster joy.

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A JOYFUL HEART IS
GOOD MEDICINE...
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PROVERBS 17:22A



SLEEP HEALTH

Adequate sleep is vital for heart health, aiding in blood pressure regulation, inflammation reduction, and stress management. Poor sleep can increase the risk of cardiovascular diseases like hypertension and heart attacks. Research shows that those who sleep less than seven hours a night are at a higher risk. Prioritizing good sleep hygiene, such as maintaining a regular sleep schedule and a calming bedtime environment, can enhance cardiovascular wellness and overall quality of life.