

# Get Heart-Healthy!

February is American Heart Health month! Share these heart health tips with your loved ones.

## Tip #1: Stop Smoking

Smoking and secondhand smoke exposure dramatically increases your risk of heart-related health conditions.

Quitting is hard, but SmokeFree.gov can help. Visit their site: <https://smokefree.gov/>

## Tip #2: Exercise Regularly

Aim for getting 30 minutes of light or moderate cardio exercise several times a week. Some easy activities to reach this goal include:

- Walking the dog or walking with friends
- Dancing at home, in a class, or socially
- Cleaning the house
- Playing with your grandchildren
- Taking a yoga class (or tai chi, Pilates, or other similar class)
- Playing active video games, like Wii Fit, Just Dance, or Dance Dance Revolution—you can even play with your grandkids
- Gather your friends for a round of your favorite childhood game, like tag, kick the can, or capture the flag

## Tip #3: Maintain a Healthy Weight

Incorporating exercise and a healthy diet can help you enjoy a healthy weight and lower your risk of serious health conditions, including heart disease.

## Tip #4: Eat a Heart-Healthy Diet

Choosing foods that are a part of a healthy diet can help you maintain a healthy body weight and make sure your body gets the nutrition you need.

### Get plenty of these foods:

- Fruits
- Vegetables
- Leafy greens
- Nuts
- Whole Grains
- Omega-3 & monounsaturated fats
- Lean protein
- Low-fat dairy

### Limit these foods:

- Sodium
- Refined sugars
- Trans or partially hydrogenated fats
- Cholesterol
- Saturated fats

## Tip #5: Seek Treatment for Medical Conditions

Diabetes, high blood pressure, high cholesterol, and other ongoing health conditions can increase your risk of heart disease, heart attack, and stroke. Talk to your doctor about treatment options and what steps you can take to control these conditions.

## Bonus Tip: Get Social!

Social interactions reduce stress, feelings of isolation, and depression. Whether connecting online or in person, make sure you get a chance to interact with friends and loved ones.

