

Heart-Healthy Lifestyle Tips



Heart disease is the number one leading cause of death in the United States. Heart disease refers to several types of heart conditions such as coronary artery disease, which affects the blood flow to the heart. This is the most common form of heart disease; for many, the first sign is a heart attack.

1. **The first step to heart health is knowing your risk.** Do you have high blood pressure or high cholesterol? Do you smoke or have diabetes? All these factors can increase your risk of heart disease.
2. **Choosing heart-healthy foods.** Food such as fruits and vegetables and limiting saturated fats and added sugars will help reduce the risk of heart disease.
3. **Aim for a healthy weight.** Be sure to talk with your health care provider about your BMI (Body Mass Index) and what it means for you. (You should always consult a physician when making changes to your lifestyle.)
4. **Move more.** Being physically active is one of the best ways to keep your heart and lungs healthy. Get a walking buddy and keep both of you accountable by setting reminders to move during the day.
5. **Manage Stress.** Reducing stress helps your heart health. Talk to a qualified mental health provider or someone else you trust.

The contents of this download are not intended to substitute for professional medical advice, diagnosis or treatment.



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