

Five Simple Heart-Healthy Lifestyle Tips



Heart disease is the leading cause of death in the United States, with coronary artery disease being the most common type. This condition reduces blood flow to the heart and can lead to serious health complications, often without warning until a heart attack occurs.

At The Legacy at North Augusta, we are committed to promoting heart health through nutritious dining options, engaging fitness programs and wellness initiatives designed to support overall well-being. By fostering a heart-healthy lifestyle, we empower our residents to enjoy active, fulfilling lives.

- 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.



Call 540-712-3362 or visit www.thelegacyatnorthaugusta.org

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