

FOCUSING ON A HEALTHY HEART YOUR CHOICES MATTER!

Your everyday lifestyle choices may seem small, but they all add up as significant factors in your risk of developing heart disease. There are critical areas to focus on to keep your heart as healthy as it can be. Please consult your health care professional before making any significant lifestyle changes and for guidance specific to you.

STOP SMOKING

Smoking is the most important preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis — the buildup of fatty substances in the arteries — which can lead to coronary heart disease and stroke. Healing can begin as soon as you quit. For great resources to help you go tobacco free, check out this [link](#).

NUTRITION

The American Heart Association recommends:

- Eat a variety of nutrition foods from all the food groups
- Eat less of nutrient-poor foods, including limiting saturated and trans fat and sodium

See their [site](#) for additional nutrition tips.

STAY ACTIVE AND MOVE

There are countless ways you can get active, but walking has the lowest dropout rate of them all! Walking is a simple, positive change you can make to improve your heart health. Research has shown that walking at least 30 minutes a day can help you:

- Reduce your risk of coronary heart disease and stroke
- Improve your blood pressure, blood sugar levels, and blood lipid profile
- Maintain your body weight and lower the risk of obesity

Find a friend to walk with, and decide on convenient and interesting paths to explore. This can help motivate you to keep moving, and is also a great way to spend time with friends.