

Daily Habits for a Healthy Heart

Eat Heart-Healthy Foods

- Include vegetables, fruits, whole grains, and lean proteins.
- Add healthy fats like olive oil, nuts, and fatty fish.
- Avoid processed foods, excess sugar, and trans fats.

Stay Active

- Aim for 30 minutes of exercise most days of the week.
- Include both cardio (walking, cycling, swimming) and strength training.
- Take breaks from sitting every 30-60 minutes.

Maintain a Healthy Weight

- Keep a healthy BMI and reduce belly fat.
- Focus on portion control and mindful eating.

Monitor Blood Pressure

- Keep blood pressure below 120/80 mmHg.
- Reduce salt intake and stress levels.

Keep Cholesterol in Check

- Eat fiber-rich foods like oats, beans, and flaxseeds.
- Avoid processed meats, fried foods, and excess dairy.
- Get regular blood tests to monitor cholesterol levels.

Regulate Blood Sugar

- Cut back on refined sugars and carbs.
- Opt for whole foods that prevent insulin spikes.
- Check you one hour postprandial blood sugar with a glucometer

Stay Hydrated

- Drink at least 8 glasses of water daily.
- Limit sugary drinks and excessive caffeine.
- Lifestyle Changes to Reduce Cardiac Age

Quit Smoking & Avoid Secondhand Smoke

- Smoking damages arteries and increases heart disease risk.
- Seek professional help or support groups if needed.

Limit Alcohol Consumption

- No more than one drink per day for women, two for men.
- Better if no alcohol
- Opt for heart-friendly options like red wine in moderation.

Prioritize Quality Sleep

- Get 7-9 hours of sleep per night.
- Maintain a consistent sleep schedule.

Manage Stress Effectively

- Practice deep breathing, meditation, or yoga.
- Engage in hobbies or activities that bring relaxation.

Track Your Heart Health

- Get regular check-ups with your doctor.
- Know your numbers: blood pressure, cholesterol, glucose, and BMI.

Use a cardiac age calculator to assess your risk.

Signs You Should See a Doctor

- Chest pain, shortness of breath, dizziness, or irregular heartbeat.
- High blood pressure that doesn't improve with lifestyle changes.
- Family history of heart disease or stroke.
- Unexplained fatigue or swelling in legs/feet.

Take Action Today!

Your heart's health is in your hands. Small, consistent changes can reverse cardiac aging and keep your heart strong for years to come!