



HEART Health

Heart Healthy Eating

1. Add Color to your meals! To increase vitamins, minerals, and fiber.
2. Learn new cooking skills to incorporate heart healthy foods.
3. Eat a balanced diet! Eat a well-rounded diet and treats in moderation.
4. Utilize fun recipes to try new grains and veggies, such as lentils and barley.

Heart Healthy Lifestyle

- Be kind to yourself and take care of your mental health!
- Ensure to get enough sleep and go to bed at the same time each night.
- Ensure to manage your stress or see a counselor to help you!
- Quit Smoking, Vaping, or using other nicotine products.

Heart Healthy Movement

Create Healthy habits, such as walking to your car or with your friends/family.

Include fitness in your routine, such as group activities, swimming, or tai chi.

Find new ways to get active, such as cycling or rollerblading.

Stay motivated by joining a team sport or including others!

Remember to walk or perform another low impact cardiovascular activity, it is great for your heart and a great stress reliever!

LEARN CPR

**Help others and be prepared by learning first aid & CPR!
Remember 3 out of 4 heart attacks that do not happen at the hospital happen at home.**

