



8 SWEET WAYS TO LOVE YOUR HEART

SLEEP

Getting at least seven hours of sleep each night has been shown to help reduce the amount of calcium build up in our hearts.

Be Less SALTY

Adults should consume less than a teaspoon of salt per day. Try to avoid adding additional salt to food if possible.

Get Fruity (and veggie)

Increase your intake of fruits and vegetables.

Keep your HANDS BUSY

Knitting, woodworking and similar activities keeps the mind active and also can help reduce stress levels.

Dance

Exercise in the form of "dance" three or four times a week to get your heart rate elevated and your body moving while being...FUN!

Laugh

Laughing reduces stress hormones and boosts heart-healthy endorphins and T-cells. Plus you can get a good ab workout and a brighter mood.

STRETCH

Stretching can help improve your balance, strength and flexibility. It also helps reduce stress and can help improve heart health by helping you relax.

eAT BREAKFAST

Eating a nutritious breakfast every morning can help maintain a healthy weight and give you the energy you'll need for the day.

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